IMPERIAL BUREAU OF ANIMAL NUTRITION

Technical Communication No. 6

Composition of some African Foods and Feeding-stuffs mainly of Vegetable Origin

IMPERIAL BUREAU OF ANIMAL NUTRITION
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FOREWORD

One of the main directions in which nutritional investigation is progressing to-day is the relation of food to the health of human and animal populations. Increasing interest in this aspect of research is evident in many countries, not the least concerned being those territories which compose the British Empire. There is welcome evidence that those directing agricultural policy and development and those entrusted with the care of native peoples are alive to the important part which proper rationing and dietary may have on the productivity of livestock, the consumption of agricultural products, and the improved health of native peoples.

Among the desiderata requisite to a complete understanding of nutritional matters is a knowledge of the chemical composition of human foods and animal feeding-stuffs. In view of the constant demand for information of this nature, the Imperial Bureau of Animal Nutrition has for a number of years been recording published figures on the subject.

The decision to publish this compilation of data with particular reference to *African* foods was taken partly on account of the recent increase in the number of inquiries on African native foods which reach the Bureau, and partly on account of the special interest in native dietaries being taken by the International Institute of African Languages and Cultures. At the suggestion of that organisation, the Bureau agreed to make available, in printed form, the data which it had accumulated on foods and feeding-stuffs of importance to Africa. The Bureau acceded to this request all the more readily as they are aware of the considerable official interest now being taken in regard to problems concerning the nutritional welfare of African native peoples.

The data have been taken from various sources of existing information which are available in the Reid Library, Imperial Bureau of Animal Nutrition, Aberdeen. Most of the entries refer to samples of foods known to have been grown in Africa, and either analysed there or sent home to laboratories in the United Kingdom for analysis.

Others taken from various sources have been included where it was felt that, in the absence of data for African samples, their inclusion would prove helpful. The analytical data are entered against the ordinary names in most cases, but wherever possible the botanical and local names have also been included.

It is recognised that the list is by no means complete, but it is hoped that it will form a nucleus around which additional data may in future be grouped. Unfortunately, the gaps in our knowledge are only too numerous. It is felt, however, that this communication will have partly achieved its object if it succeeds in focussing attention on the pressing need for further quantitative work.

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Food-stuff Serial No.	NAME	Water	Crude Protein	Ether Ext. (*Expressed as fat)	Fibre	Carb. or N-Free Ext. (by diff.)	Total Ash	Sol. Ash	CaO	MgO	Na_2O	K_2O	Fe_2O_3	P_2O_5	Cl	Mn	Data expressed as per cent. on	Origin	Bibliog. Ref.
1	Acacia (Benthami beans)	6·96	12·56	4·57	9·46	63·00	3·45	—	—	—	—	—	—	—	—	—	F.M.	S. Rhodesia	1
2	Acacia sp. pods	8·58	14·22	1·48	21·55	48·52	5·65	—	—	—	—	—	—	—	—	—	F.M.	,,	1
3	*Acacia albida* pods	7·1	11·1	1·4*	27·5	49·5	3·4	—	—	—	—	—	—	—	—	—	F.M.	,,	2
4	,, ,, ,,	—	8·82	1·44	24·40	61·74	3·60	3·26	·91	—	—	—	—	·52	—	—	D.M.	Tanganyika	3
5	,, ,, ,,	10·6	9·7	1·1*	23·4	51·96	3·24	3·13	—	—	—	—	—	—	—	—	F.M.	Nigeria	4
6	*Acacia arabica* Willd. pods	—	12·86	2·51	15·21	63·82	5·60	5·21	·72	—	—	—	—	·33	—	—	D.M.	Tanganyika	5
7	,, ,, stems and leaflets	9·6	11·7	11·4*	10·2	51·29	5·81	4·93	—	—	—	—	—	—	—	—	F.M.	Nigeria	4
8	*Acacia giraffae* Burch pods	—	12·58	1·76	34·21	—	—	3·64	·99	—	—	—	—	·26	—	—	D.M.	S. Rhodesia	3
9	,, ,, ,, ,,	9·36	11·37	1·61	30·98	43·39	3·29	—	—	—	—	—	—	—	—	—	F.M.	,,	1
10	,, ,, ,, ,,	9·4	11·4	1·6	31·0	—	—	3·3	·9	—	—	1·3	—	·24	—	—	F.M.	,,	6
11	*Acacia sieberiana* fruits	10·9	9·8	1·0*	22·0	52·71	3·59	3·56	—	—	—	—	—	—	—	—	F.M.	Nigeria	4
12	*Acacia spirocarpa* pods	—	12·28	1·82	22·37	57·90	5·63	5·13	1·37	—	—	—	—	·56	—	—	D.M.	Tanganyika	3
13	*Acacia Woodii* pods	5·5	7·9	·6*	24·5	54·5	7·0	—	—	—	—	—	—	—	—	—	F.M.	N. Rhodesia	2
	Adansonia digitata L. (see Baobab)																		
	"Ads Sudani" beans (see under Beans)																		
14	*Afzelia africana* leaves	7·6	11·3	3·2*	37·1	35·45	5·35	4·90	·78	—	·06	1·87	·06	·54	·008	—		Nigeria	4
15	"Agajine" leaves	8·9	16·1	2·0*	27·3	41·19	4·51	3·30	—	—	—	—	—	—	—	—		,,	4
16	*Albizzia amara* pods and seeds	9·31	12·25	6·89	32·69	35·57	3·29	—	—	—	—	—	—	—	—	—	F.M.	S. Rhodesia	1
17	*Albizzia Chevalieri* stems and leaflets	9·5	15·6	7·7*	6·6	50·22	10·38	8·13	—	—	—	—	—	—	—	—	F.M.	Nigeria	4
	Allanblackia floribunda (see Kisidwe nuts)																		
18	*Allanblackia Stuhlmannii* Engl. kernel meal; oil extracted	13·9	14·9	1·4*	7·7	58·6	3·5	—	—	—	—	—	—	—	—	—	F.M.	Tanganyika	7
	Anona reticulata L. fruit (see Custard apple)																		
19	*Anona senegalensis* leaves	10·5	8·2	—	—	—	6·88	4·32										Nigeria	4
20	Apple pomace, fresh	74·2	1·5	1·1*	4·7	17·1	1·4	—	—	—	—	—	—	—	—	—	F.M.	—	92
21	,, ,, dried	11·7	4·0	3·5*	27·2	51·8	1·8	—	—	—	—	—	—	—	—	—		—	92
22	Apples	—	·4	·5*	—	14·2	—	—	·0098	·013	·015	·153	·0004	·027	·005	—	F.M.	—	117
23	Apricots	85·0	1·1	—	—	13·4	·5	—	·019	—	—	—	—	·034	—	—	F.M.	U.S. Africa	18
	Arachis hypogaea (see Peanuts)																		
	Arrowroot, Ndoma (see Ndoma)																		
24	Arrowroot starch	22·11	—	—	—	77·31	·12	—	—	—	—	—	—	—	—	—	F.M.	Gold Coast	9
25	Atta beans, whole; *Pentaclethra macrophylla* Benth. (see also Owala beans)	—	24·95	44·38	3·63	24·30	2·74	2·71	·27	·11	·06	·99	—	·61	·16	—	D.M.	W. Africa	118
26	Atta beans, husk	—	7·75	1·62	9·94	75·31	5·38	5·30	1·53	·06	—	—	—	·09	·21	—	D.M.	,,	118
27	,, ,, kernel	—	24·95	50·86	2·70	19·11	2·38	2·34	·13	·23	—	—	—	·50	·12	—	D.M.	,,	118
28	Avocado	67–82	1·3–2·0	8–26	1·2–1·8	5–8	1·0–1·4	—	—	—	—	—	—	—	—	—	F.M.	U.S. Africa	18
29	"Babursa" leaves	8·8	13·5	—	—	—	10·7	5·14	—	—	—	—	—	—	—	—		Nigeria	4
30	"Bagai" leaves	10·5	26·8	—	—	—	13·24	12·7	—	—	—	—	—	—	—	—		,,	4
31	*Balanites aegyptiaca* Del. kernel meal; oil extracted	8·9	48·8	·6*	5·9	30·3	5·5	—	—	—	—	—	—	—	—	—	F.M.	Uganda	10
32	*Balanites aegyptiaca* Del. leaves	10·3	10·4	3·8*	12·2	51·90	11·40	10·08	—	—	—	—	—	—	—	—		Nigeria	4
	Bambarra groundnuts (see *Voandzeia subterranea* Thou. beans)																		
33	Bananas (see also Plantains)	66·45	1·87	·16*	·28	25·81	·90	—	·02	—	—	—	—	·11	—	—	F.M.	Uganda	12
34	,,	—	1·5	—	—	22·9	—	—	—	—	—	—	—	—	—	—	F.M.	BelgianCongo	8
35	,,	—	1·62	·50*	—	14·28	—	—	—	—	—	—	—	—	—	—	F.M.	,, ,,	8
36	,,	—	4·63	—	—	—	4·09	4·03	·028	—	·061	2·21	—	·32	·27	—	D.M.	Kenya	13
37	,, dried	—	3·87	·35*	—	50·10	—	—	—	—	—	—	—	—	—	—		BelgianCongo	8
38	,, kippered	—	5·25	—	—	—	5·84	5·09	·46	—	·139	2·24	—	·32	·26	—	D.M.	Kenya	13
39	Banana flour	14·25	3·06	·58*	·60	58·10	2·30	—	·03	—	—	—	—	·24	—	—	F.M.	Uganda	14

40	Banana flour	14·9	3·3	·5*	·7	77·9	2·7	—	—	—	—	—	—	—	—	—	F.M.	Gold Coast	4
41	Banana meal	—	2·88	·23*	—	77·89	—	—	—	—	—	—	—	—	—	—	F.M.	BelgianCongo	8
42	Banana, green, meal	14·10	3·55	·44*	·93	78·57	2·41	2·30	·053	—	·018	·247	—	·146	·079	—	F.M.	Gold Coast	15
43	Baobab fruit, pulp ; *Adansonia digitata* L.	15·16	—	—	—	—	5·45	—	—	—	—	—	—	—	—	—	F.M.	E. Africa	16
44	Baobab fruit, pulp ; *Adansonia digitata* L.	—	—	—	—	—	(5·45)	—	8·88	—	4·2	48·9	—	1·08	—	—	Ash	,,	16
45	Baobab leaves, sun dried	—	—	—	—	—	—	—	3·64	—	—	—	—	—	—	—		Nigeria	17
46	Baobab seeds	12·1	11·2	11·6*	22·5	39·1	3·5	—	—	—	—	—	—	—	—	—	F.M.	E. Africa	16
47	,, ,,	—	—	—	—	—	(3·5)	—	—	—	7·2	31·0	—	34·2	—	—	Ash	,,	16
48	,, ,,	12·0	10·9	12·0*	—	61·6	3·5	—	·31	—	·25	1·08	—	1·20	—	—	F.M.	Nigeria	17
49	Barley	11·2	8·8	1·7	6·1	70·0	2·4	—	—	—	—	—	—	—	—	—	F.M.	U.S. Africa	18
	Bauhinia esculenta (see Gemsbok beans)																		
50	*Bauhinia reticulata* leaves	9·3	9·6	—	—	—	7·08	5·00	—	—	—	—	—	—	—	—		Nigeria	4
51	,, ,, pods	9·8	6·3	1·8*	23·6	54·58	3·92	3·85	·50	—	·09	1·61	·06	·30	·007	—	F.M.	,,	4
52	*Bauhinia rufescens* fruits	9·2	10·1	1·4*	30·5	44·78	4·02	4·00	—	—	—	—	—	—	—	—	F.M.	,,	4
53	*Bauhinia Thonningii* pods	5·0	6·9	2·2*	22·5	58·9	5·5	—	—	—	—	—	—	—	—	—	F.M.	N. Rhodesia	2
54	,, ,,	6·1	6·6	3·1	23·7	56·6	3·9	—	—	—	—	—	—	—	—	—	F.M.	S. Rhodesia	1
	Beans (including fruits, seeds, etc., referred to in literature as "Beans")																		
55	,, variety not stated	—	25·00	—	—	—	3·88	3·85	·154	—	·057	1·83	—	1·03	·02	·00236	D.M.	Kenya	13
56	,, "Ads Sudani" ; *Cajanus indicus* (see also Pigeon peas)	7·49	20·11	1·66*	6·21	60·58	3·95	—	—	—	—	—	—	—	—	—	F.M.	Sudan	19
	,, Atta (see Atta beans)																		
	,, Benthami (see Acacia)																		
57	,, "Black Chiroko"	8·38	29·28	1·23*	3·16	54·49	3·46	—	—	—	—	—	—	—	—	—	F.M.	E. Africa	20
58	,, "Black Posho"	12·44	22·56	1·11*	3·69	54·87	3·28	—	—	—	—	—	—	—	—	—	F.M.	,,	21
	,, Broad (see *Vicia faba* beans)																		
59	,, Butter (see also *Phaseolus lunatus* L. beans)	12·23	17·68	1·06*	4·39	61·0	3·64	—	—	—	—	—	—	—	—	—	F.M.	,,	22
60	,, Butter	12·23	18·50	·99*	4·51	59·57	4·20	—	—	—	—	—	—	—	—	—	F.M.	,,	22
	,, Butter, Madagascar (see Madagascar Butter beans)																		
61	,, "Canadian Wonder"	13·52	21·00	·95*	2·96	58·38	3·19	—	—	—	—	—	—	—	—	—	F.M.	,,	23
	,, Carob (see Carob beans)																		
	,, Catjang (see Cow peas)																		
	,, Cocoa (see Cocoa beans)																		
	,, Coffee (see Coffee beans)																		
	,, Dolichos (see Dolichos beans)																		
62	,, "Dwarf Marvel"	10·56	31·94	1·06*	4·12	49·50	2·82	—	—	—	—	—	—	—	—	—	F.M.	,,	24
63	,, "Fasoulia Baida" ; *Phaseolus vulgaris* L.	7·58	23·57	1·63*	3·75	59·12	4·35	—	—	—	—	—	—	—	—	—	F.M.	Sudan	19
	,, "Fiwi" (see Dolichos beans)																		
	,, Florida (see Florida beans)																		
64	,, "French Cocos"	13·35	25·93	1·50*	3·04	52·30	3·88	—	—	—	—	—	—	—	—	—	F.M.	E. Africa	23
	,, Gemsbok (see Gemsbok beans)																		
	,, Horse (see Sword beans)																		
	,, Iyabilo (see Iyabilo beans)																		
	,, Jack (see Sword beans)																		
65	,, "Kunde Black"	11·33	24·00	1·13*	4·17	56·17	3·20	—	—	—	—	—	—	—	—	—	F.M.	,,	25
66	,, "Kunde Red"	7·79	24·44	1·85*	3·86	58·74	3·32	—	—	—	—	—	—	—	—	—	F.M.	,,	25
	,, Lima (see *Phaseolus lunatus* L. beans)																		
	,, Locust (see Carob beans)																		
67	,, "Lubia afin" ; *Dolichos Lablab* L. (*q.v.*)	7·40	23·53	1·05*	7·95	56·28	3·79	—	—	—	—	—	—	—	—	—	F.M.	Sudan	19

Foodstuff Serial No.	NAME	Water	Crude Protein	Ether Ext. (*Expressed as fat)	Fibre	Carb. or N-Free Ext. (by diff.)	Total Ash	Sol. Ash	CaO	MgO	Na_2O	K_2O	Fe_2O_3	P_2O_5	Cl	Mn	Data expressed as per cent. on	Origin	Bibliog. Ref.
68	Beans, "Lubia Helu"; *Vigna sinensis* Endl. (see also Cow-peas)	7·95	20·61	1·63*	2·76	64·07	2·98	—	—	—	—	—	—	—	—	—	F.M.	Sudan	19
69	,, "Lubia Koshari"; *Phaseolus Mungo* L. (see also Gram, green)	8·02	27·0	1·20*	3·83	56·31	3·64	—	—	—	—	—	—	—	—	—	F.M.	Sudan	19
	,, Madagascar butter (see Madagascar Butter beans)																		
	,, Maharage (see Maharage beans)																		
70	,, "Maragwe"	12·88	21·30	·96*	3·15	58·19	3·62	—	—	—	—	—	—	—	—	—	F.M.	E. Africa	25
71	,, ,,	11·24	21·87	1·10*	3·36	58·84	3·59	—	—	—	—	—	—	—	—	—	F.M.	,,	24
72	,, "Maragwe Grey"	10·90	21·61	1·24*	4·08	58·89	3·28	—	—	—	—	—	—	—	—	—	F.M.	,,	24
	,, Mauritius (see Velvet beans, black)																		
	,, "Mbaazi" (see Pigeon peas)																		
73	,, "Mbwanda"	12·2	19·4	1·6*	4·3	58·8	3·7	—	—	—	—	—	—	—	—	—	F.M.	Nyasaland	26
	,, Mucuna (see Velvet peas)																		
74	,, Mutike	11·85	20·31	1·18*	3·49	30·72	3·85	—	0·11	—	—	—	—	0·84	—	—	F.M.	Uganda	14
75	,, "Native Food"	17·88	19·25	·49*	1·34	55·72	5·32	—	—	—	—	—	—	—	—	—	F.M.	E. Africa	20
76	,, "Ngena"	14·86	23·92	·86*	3·80	53·69	2·87	—	—	—	—	—	—	—	—	—	F.M.	,,	20
	,, "Njugu Mawe" (see *Voandzeia subterranea* Thou beans)																		
	,, Nyomo (see Nyomo beans)																		
	,, Owala (see Owala beans)																		
77	,, "Owege Fufu"	11·80	24·06	·70*	2·84	57·92	2·68	—	—	—	—	—	—	—	—	—	F.M.	S. Nigeria	27
78	,, "Owuga"	12·26	22·31	·68*	3·72	58·39	2·64	—	—	—	—	—	—	—	—	—	F.M.	,,	27
79	,, "Owuga Pupa"	13·08	22·22	·72*	3·40	57·88	2·70	—	—	—	—	—	—	—	—	—	F.M.	,,	27
	,, *Phaseolus lunatus* (see *Phaseolus lunatus* beans)																		
80	,, "Red Njahe"	12·30	21·06	1·05*	6·99	55·56	3·04	—	—	—	—	—	—	—	—	—	F.M.	E. Africa	28
81	,, "Rose Cocos"	12·23	26·31	1·12*	3·34	53·86	3·14	—	—	—	—	—	—	—	—	—	F.M.	,,	29
82	,, "Sese"	12·82	18·55	2·06*	3·42	61·19	1·96	—	—	—	—	—	—	—	—	—	F.M.	S. Nigeria	27
83	,, "Sese Ere"	13·04	26·50	·74*	3·12	53·74	2·86	—	—	—	—	—	—	—	—	—	F.M.	,,	27
84	,, "Soroko"	12·36	25·37	1·05*	4·54	53·70	2·98	—	—	—	—	—	—	—	—	—	F.M.	E. Africa	21
	,, Soya (see Soya beans)																		
	,, Sword (see Sword beans)																		
	,, Tepary (see Tepary beans)																		
	,, Towé (see *Phaseolus lunatus* beans)																		
	,, Velvet (see Velvet beans)																		
	,, *Vicia Faba* (see *Vicia Faba* beans)																		
85	,, "White Capucin"	13·61	24·43	1·31*	3·21	53·96	3·48	—	—	—	—	—	—	—	—	—	F.M.	,,	29
86	,, "White Njahe"	12·50	20·50	1·29*	5·96	56·71	3·04	—	—	—	—	—	—	—	—	—	F.M.	,,	28
87	,, "White Posho"	12·89	21·37	1·55*	2·94	58·12	3·13	—	—	—	—	—	—	—	—	—	F.M.	,,	23
88	,, "Yellow Haricot"	10·18	26·16	1·38*	2·56	57·30	2·42	—	—	—	—	—	—	—	—	—	F.M.	,,	29
89	Ben seed, cake; *Moringa pterygosperma* Gaertn., *M. oleifera* Lam.	7·5	30·8	14·5*	21·9	20·0	4·5	—	·40	—	—	—	—	1·09	—	—	F.M.	N. Nigeria	119
90	,, ,, ,,	5·96	58·93	11·27*	4·32	13·86	5·66	—	—	—	—	—	—	—	—	—	F.M.	,,	30
91	,, ,, ,,	7·15	46·07	11·27*	—	—	4·98	—	—	—	—	—	—	—	—	—	F.M.	—	30
92	Ben seed, meal; oil extracted	8·7	57·1	·5*	5·1	21·3	7·3	—	—	—	—	—	—	—	—	—	F.M.	U.S. Africa	4
93	,, ,, ,, ,, ,,	12·0	52·0	8·0*	3·96	20·2	3·84	—	—	—	—	—	—	—	—	—	F.M.	—	75

	Benniseed (see Sesame seed)																		
	Benthami beans (see Acacia)																		
94	Boer meal	14·0	—	2·3	—	70·0	—	—	—	—	—	—	—	—	—	—	F.M.	U.S. Africa	18
95	"Bolu" grain; *Eleusine coracana* (*q.v.*)	14·0	6·2	1·1*	3·0	72·9	2·8	—	—	—	—	—	—	—	—	—	F.M.	Uganda	31
96	*Boscia* sp. leaves	8·8	18·4	1·4*	29·0	36·74	5·66	2·67	—	—	—	—	—	—	—	—		Nigeria	4
	Brassica juncea (see Indian mustard seed)																		
97	Bread fruit flour	14·4	3·1	·7*	3·0	76·1	2·7	—	—	—	—	—	—	—	—	—	F.M.	—	4
	Broad beans (see *Vicia faba* beans)																		
98	Buckwheat	13·4	10·8	2·4*	11·7	59·7	2·0	—	—	—	—	—	—	—	—	—	F.M.	U.S. Africa	32
99	,, flour	14·6	6·9	1·4*	·3	75·8	1·0	—	—	—	—	—	—	—	—	—	F.M.	,, ,,	32
100	,, middlings	12·8	26·7	6·8*	4·4	44·3	5·0	—	—	—	—	—	—	—	—	—	F.M.	,, ,,	32
	Butter beans (see Beans, butter)																		
	Butyrospermum Parkii Kotschy kernels (see Shea kernels)																		
101	Cabbage	—	·9	·4*	—	5·8	—	—	—	—	—	—	—	—	—	—	F.M.	BelgianCongo	8
	Cactus, spineless (see Spineless cactus)																		
	Cajanus indicus peas (see Pigeon peas)																		
	Calodendron capense (see Cape chestnut seeds)																		
	Camelthorn pods (see *Acacia giraffae* Burch)																		
	Canavalia ensiformis (see Sword beans)																		
102	*Canavalia obtusifolia* beans	10·9	22·0	1·9*	8·1	54·5	2·6	—	—	—	—	—	—	—	—	—	F.M.	Gold Coast	33
103	Canna tubers, edible	88·1	·72	·03	·53	9·90	·72	—	—	—	—	—	—	—	—	—	F.M.	S. Rhodesia	1
104	,, ,, ,,	84·4	·77	·04	·63	13·56	·60	—	—	—	—	—	—	—	—	—	F.M.	,,	1
105	Cape chestnut seed, meal; oil extracted; calculated to 7% fat; *Calodendron capense*	7·3	40·2	7·0*	3·9	37·0	4·6	—	—	—	—	—	—	—	—	—		U.S. Africa	34
	Capucin beans, white (see Beans, White capucin)																		
106	Carapa seed-cake	9·8	18·13	—	—	—	5·9	—	0·18	—	—	1·91	—	0·51	—	—	F.M.	Sierra Leone	35
107	Carob beans; *Ceratonia siliqua* L.	13·3	6·8	2·2*	9·3	65·8	2·6	—	—	—	—	—	—	—	—	—	F.M.	S. Rhodesia	2
108	,, ,, pods without seeds	5·68	3·24	2·09	9·90	76·84	2·25	—	—	—	—	—	—	—	—	—	F.M.	,,	1
109	,, ,, seed only	8·14	16·38	2·55	7·93	61·56	3·44	—	—	—	—	—	—	—	—	—	F.M.	,,	1
110	,, ,, entire pod meal	6·10	5·48	2·17	9·56	74·24	2·45	—	—	—	—	—	—	—	—	—	F.M.	,,	1
111	Carrot	88·6	1·3	·45	1·3	7·4	·99	—	—	—	—	—	—	—	—	—	F.M.	U.S. Africa	18
	Carthamus tinctorius L. seeds (see Safflower seeds)																		
112	Cassava; *Manihot utilissima* Pohl	—	4·69	—	—	—	5·0	4·91	·25	—	·047	2·33	—	·23	·04	—	D.M.	Kenya	13
113	,,	—	3·06	·99	4·71	86·60	4·64	3·66	0·13	—	—	—	—	0·16	—	—	D.M.	Tanganyika	3
114	,, fresh	—	1·12	·18*	—	19·48	—	—	—	—	—	—	—	—	—	—	F.M.	Dahomey	8
115	,, ,, sweet variety	—	1·25	·20*	—	25·85	—	—	—	—	—	—	—	—	—	—	F.M.	BelgianCongo	8
116	,, ,, bitter variety	—	1·39	·19*	—	34·95	—	—	—	—	—	—	—	—	—	—	F.M.	,, ,,	8
117	,, Mohogo	57·35	1·50	·40*	0·90	32·97	·55	—	·04	—	—	—	—	·17	—	—	F.M.	Uganda	14
†118	,, dried	—	1·63	·30*	—	87·0	—	—	·070	·105	·016	·53	·0017	·14	·009	—		N. Rhodesia	120
119	,, dried and grated; "Garri"	11·4	2·1	1·1*	1·8	82·1	1·6	—	—	—	—	—	—	—	—	—		S. Nigeria	36
120	,, without bark; dried	—	3·50	—	—	89·0	—	—	—	—	—	—	—	—	—	—		BelgianCongo	8
121	,, ,, ,, ,,	—	1·12	·30*	—	82·31	—	—	—	—	—	—	—	—	—	—		,, ,,	8
122	,, flour	12·9	1·0	·2*	1·1	83·8	1·0	—	—	—	—	—	—	—	—	—	F.M.	—	4
123	,, ,,	11·76	1·63	·27*	1·20	83·21	1·80	—	—	—	—	—	—	—	—	—	F.M.	BelgianCongo	121
124	,, meal	—	1·30	·35*	—	81·43	—	—	—	—	—	—	—	—	—	—	F.M.	,, ,,	8
125	,, pudding; "Chikwangue"	—	1·59	·45*	—	35·06	—	—	—	—	—	—	—	—	—	—	F.M.	,, ,,	8
126	,, starch	14·4	·1	·15*	Nil	82·8	·2	—	—	—	—	—	—	—	—	—	F.M.	S. Rhodesia	37
127	,, ,,	10·9	0·4	·1*	0·4	87·6	·6	—	—	—	—	—	—	—	—	—	F.M.	Sudan	4
128	,, ,,	21·68	—	—	—	77·68	0·06	—	—	—	—	—	—	—	—	—	F.M.	Gold Coast	38
129	,, ,,	14·7	1·1	·2*	1·5	80·9	1·6	—	—	—	—	—	—	—	—	—	F.M.	Sudan	4

Food-stuff Serial No.	NAME	Water	Crude Protein	Ether Ext. (*Expressed as fat)	Fibre	Carb. or N-Free Ext. (by diff.)	Total Ash	Sol. Ash	CaO	MgO	Na_2O	K_2O	Fe_2O_3	P_2O_5	Cl	Mn	Data expressed as per cent. on	Origin	Bibliog. Ref.
130	Cassava starch	13·84	—	—	—	86·07	·09	—	—	—	—	—	—	—	—	—	F.M.	U.S. Africa	39
131	,, waste meal	13·20	1·04	·35*	3·45	81·23	·73	·68	·065	—	·013	·134	—	·077	·018	—	F.M.	Gold Coast	15
†132	Caterpillars, dried	—	65·0	4·5*	—	—	—	—	·220	·427	2·7	2·05	·0106	1·76	—	—		N. Rhodesia	120
	Catjang beans (see Cowpeas)																		
	Ceratonia siliqua (see Carob beans)																		
133	Chick peas; *Cicer arietinum* L.	8·78	22·8	4·87*	3·54	57·12	2·89	—	—	—	—	—	—	—	—	—	F.M.	Nyasaland	40
134	,, ,,	9·58	16·95	5·25	8·32	56·13	3·77	3·23	·373	—	·022	1·113	—	·565	·149	—	F.M.	Br. Somaliland	15
	"Chikwangue" (see Cassava pudding)																		
	Chiroko beans, black (see Beans, Black Chiroko)																		
	"Chooko" seeds (see Gram, green)																		
	Cicer arietinum L. (see Chick peas)																		
†135	Cilemba leaves, dried; Leguminosae var.	—	2·44	—	—	—	—	—	2·22	·72	·106	2·85	·034	·893	—	—		N. Rhodesia	120
	Citrullus vulgaris L. (see Water-melon)																		
136	Cocoa beans, husked; fermented 8½ days; washed; *Theobroma cacao*	4·55	—	48·29*	—	—	2·39	—	—	—	—	—	—	—	—	—	F.M.	Gold Coast	41
137	Cocoa beans, husked; fermented 4½ days; washed	4·87	—	46·63*	—	—	3·05	—	—	—	—	—	—	—	—	—	F.M.	,, ,,	41
138	Cocoa beans, husked; fermented 4½ days; unwashed	4·75	—	46·17*	—	—	2·90	—	—	—	—	—	—	—	—	—	F.M.	,, ,,	41
139	Cocoa beans, husked; fermented 6½ days; unwashed	5·00	—	45·30*	—	—	2·66	—	—	—	—	—	—	—	—	—	F.M.	,, ,,	41
140	Cocoa beans, husked; fermented; dried artificially	4·7	—	49·9*	—	—	2·5	—	—	—	—	—	—	—	—	—	F.M.	Nigeria	42
141	Cocoa beans, husked; fermented; dried by sun and artificially	4·5	—	46·5*	—	—	2·5	—	—	—	—	—	—	—	—	—	F.M.	,,	42
142	Cocoa beans, husked; fermented; dried by sun and artificially	4·3	—	46·8*	—	—	2·5	—	—	—	—	—	—	—	—	—	F.M.	,,	42
143	Cocoa beans, husked	4·6	—	47·3*	—	—	2·6	—	—	—	—	—	—	—	—	—	F.M.	,,	42
144	,, ,, ,,	4·9	—	47·2*	—	—	3·2	—	—	—	—	—	—	—	—	—	F.M.	Uganda	43
145	,, ,, ,,	5·2	—	50·85*	—	—	2·75	—	—	—	—	—	—	—	—	—	F.M.	Nigeria	44
146	,, ,, ,,	5·2	—	49·7*	—	—	3·1	—	—	—	—	—	—	—	—	—	F.M.	Sierra Leone	45
147	Cocoa beans, shells	10·9	14·5	3·1*	18·3	46·5	6·7	—	—	—	—	—	—	—	—	—	F.M.	—	92
148	Cocoanut oil-cake	4·9	13·1	33·3	8·7	35·8	4·2	—	—	—	—	—	—	—	—	—	F.M.	S. Rhodesia	1
149	,, ,,	—	19·04	12·92	12·01	46·51	9·52	5·52	·303	—	—	—	—	1·07	—	—	D.M.	Tanganyika	46
150	,, ,,	—	21·72	14·98	15·21	39·20	8·89	5·66	·499	—	—	—	—	1·53	—	—	D.M.	,,	47
	Cocos beans (see under Beans)																		
151	Coffee beans; *Coffea stenophylla*	8·2	8·5	10·1*	17·8	50·6	3·5	—	—	—	—	—	—	—	—	—	F.M.	Sierra Leone	48
152	,, bran	11·9	2·0	0·2	60·3	21·3	4·3	—	—	—	—	—	—	—	—	—	F.M.	S. Rhodesia	1
153	*Combretium* sp. leaves	8·4	5·7	—	—	—	4·0	3·47	—	—	—	—	—	—	—	—		Nigeria	4
154	*Commiphora zanzibarica* var. *elongata* Engl. fruits, meal from shells and "arils"; oil extracted	7·6	4·7	·8*	41·7	39·3	5·9	—	—	—	—	—	—	—	—	—	F.M.	Tanganyika	49
155	*Commiphora zanzibarica* var. *elongata* Engl. seeds, meal; oil extracted	10·5	61·7	·6*	3·4	13·2	10·6	—	—	—	—	—	—	—	—	—	F.M.	,,	49
156	Corn and cob meal (see also Maize and Mealie meal)	12·4	8·3	4·1	4·7	69·1	1·4	—	—	—	—	—	—	—	—	—	F.M.	S. Rhodesia	1
157	Cottonseed	—	14·72	16·87	28·29	35·74	4·38	3·08	—	—	—	—	—	—	—	—	D.M.	Tanganyika	3
158	,,	—	22·47	18·75	27·8	26·01	4·97	4·41	·32	—	—	—	—	1·85	—	—	D.M.	,,	47
159	,, cake	7·3	33·6	13·3	13·4	27·6	4·9	—	—	—	—	—	—	—	—	—	F.M.	S. Rhodesia	1
160	Cowpeas; *Vigna catjang*	13·9	23·4	1·8	5·9	51·6	3·4	—	—	—	—	—	—	—	—	—	F.M.	,,	1
161	,,	7·95	20·61	1·63*	2·76	64·07	2·98	—	—	—	—	—	—	—	—	—	F.M.	Sudan	50

162	Cowpeas	11·3	24·3	1·1*	1·9	55·2	3·2	—	—	—	—	—	—	—	—	F.M.	Sierra Leone	51
163	,, "Kundi;" *Vigna sinensis*	—	24·19	·95	3·57	65·67	3·32	3·11	·66	—	—	—	1·49	—	—	D.M.	Tanganyika	3
†164	,, leaves, dried	—	2·88	—	—	—	—	—	1·82	·717	·214	2·28	·03	·815	—	—	N. Rhodesia	120
165	*Cryptocarya latifolia* nuts, kernel meal; oil extracted	1·8	23·1	14·7	6·7	30·1	6·6	—	—	—	—	—	—	—	—	F.M.	U.S. Africa	122
	Cucumis Chate L. (see Senat fruit)																	
	Cussonia spicata leaves (see Umfenge leaves)																	
166	Custard apple; *Anona reticulata* L.	80·1	1·7	·6	·1	16·9	·4	—	—	—	—	—	—	—	—	F.M.	,, ,,	18
167	Cyperus tubers; *Cyperus esculentus* L.	10·0	—	20*	—	45	—	—	—	—	—	—	—	—	—	F.M.	Belgian Congo	123
168	,, ,, starch	—	·34	·02*	·34	—	·57	—	—	—	—	—	—	—	—	D.M.	,, ,,	123
169	Dadawa cake; fermented cake of locust bean tree seed (*q.v.*)	—	42·0	—	—	—	4·7	3·1	·75	—	—	—	1·54	—	—	F.M.	Nigeria	17
170	*Dalbergia sissoo* leaves	9·4	19·8	3·3*	14·1	45·48	7·92	7·4	1·65	—	·05	2·26	·08	·58	·017	—	,,	4
	"Dari" (see Sorghum; kaffir corn)																	
171	Dates, dried	—	2·1	2·8*	-	78·4	—	—	·091	·115	·074	·74	·004	·128	·228	—	—	117
172	Dawa-Dawa seeds; *Parkia filicoidea* Welw. (see also Locust bean tree seeds)	10·1	28·5	16·8*	8·3	32·4	3·9	-	—	—	—	—	-	—	-	F.M.	Gold Coast	52
173	Dawa-Dawa powdery material and seeds	12·14	14·70	8·39*	10·74	50·07	3·96	—	—	—	—	—	—	—	—	F.M.	,, ,,	52
174	Dawa-Dawa powdery material and seeds	9·35	16·0	6·14*	11·0	52·73	4·78	—	—	—	—	—	—	—	—	F.M.	Nigeria	52
175	Dawa-Dawa powdery material in which seeds embedded	13·7	4·2	2·9*	12·0	63·5	4·0	-	—	—	—	—	—	—	—	F.M.	Gold Coast	52
	Dhal (see Chick peas)																	
176	*Dichrostachys glomerata* pods	—	19·82	1·42	26·64	55·70	5·36	4·95	·71	—	—	—	—	·45	-	D.M.	Tanganyika	5
177	*Dichrostachys nutans* beans	7·08	18·55	2·07	20·27	47·44	4·59	—	—	—	—	—	-	—	—	F.M.	S. Rhodesia	1
178	,, ,, fruits	9·9	10·7	·8*	22·2	51·38	5·02	4·8	—	—	—	—	—	—	—		Nigeria	4
179	"Dika nuts," kernels; sun-dried; Gaboon chocolate	—	—	54·3*	-	—	—	—	—	—	—	-	—	—	—		,,	53
	Dioscorea sp. (see Yams)																	
180	*Diospyros mespiliformis* leaves	9·8	5·9	10·9*	12·7	53·55	7·15	6·74	—	—	—	-	-	-	—	-	,,	4
181	*Disperma trachyphyllum* leaves; 5 weeks old	—	22·84	2·66	12·81	43·15	18·54	17·92	—	—	—	-	—	-	—	D.M.	Tanganyika	47
182	*Disperma trachyphyllum* leaves; 9 weeks old	-	13·04	2·72	13·41	52·57	18·26	17·13	—	—	—	—	—	—	—	D.M.	,,	47
183	*Disperma trachyphyllum* leaves; dried	-	8·36	2·41	16·17	47·25	25·81	5·57	1·07	—	—	—	—	1·15	—	—	D.M.	,,	3
184	Dolichos beans; *Dolichos Lablab* L. (see also Beans, "Lubia afin")	8·03	24·72	1·0	9·77	52·58	3·90	—	—	—	—	—	—	—	—	F.M.	S. Rhodesia	1
185	Dolichos beans	7·40	23·53	1·05*	7·05	56·28	3·79	—	—	—	—	—	—	—	—	F.M.	Sudan	50
	Dozim (see Dawa Dawa)																	
	"Dura" (see under Sorghum)																	
	Earth nuts (see Peanuts)																	
	Earths, edible (see Appendix)																	
186	Eggplant	- -	1·2	·3*	—	5·1	—	—	·015	·025	·013	·169	·0007	·078	·024	—	F.M.	—	117
	Egusi seeds (see Water-melon seeds)																	
187	*Eleusine coracana* Gaertn. seeds (see also Millet and "Bolu" grain)	10·3	5·4	1·5*	3·4	70·9	2·5	-	-	—	—	-	-	-	-	F.M.	Zanzibar	54
188	*Eleusine coracana* Gaertn. seeds	14·0	6·2	1·1*	3·0	72·9	2·8	—	—	—	—	-	-	—	—	F.M.	Uganda	31
189	Emfenge leaves, dried; *Cussonia spicata*	22·1	6·7	2·7*	15·4	47·0	6·1	—	—	-	- -	—	- -	-	-		S. Rhodesia	1
	Friodendron anfractuosum DC. (see Kapok seed)																	
	Farafara (see Sorghum; guinea corn)																	
	Farakaya fruits (see *Acacia sieberiana*)																	
	"Fasoulia Baida" beans (see Beans, "Fasoulia Baida")																	

Foodstuff Serial No.	NAME	Water	Crude Protein	Ether Ext. (*Expressed as fat)	Fibre	Carb. or N-Free Ext. (by diff.)	Total Ash	Sol. Ash	CaO	MgO	Na_2O	K_2O	Fe_2O_3	P_2O_5	Cl	Mn	Data expressed as per cent. on	Origin	Bibliog. Ref.
190	*Feretia canthioides* leaves	8·2	4·8	—	—	—	6·0	5·05	—	—	—	—	—	—	—	—		Nigeria	4
191	*Ficus gnaphalocarpa* leaves	11·6	13·8	—	—	—	10·92	8·75	—	—	—	—	—	—	—	—		,,	4
	"Fiwi" beans (see Dolichos beans)																		
192	Florida beans	10·04	24·45	1·20*	3·82	57·07	3·48	—	—	—	—	—	—	—	—	—	F.M.	Nyasaland	55
193	*Fluggea microcarpa* leaves	9·5	9·6	—	—	—	9·42	8·55	—	—	—	—	—	—	—	—		Nigeria	4
194	Foufou (foofoo), cooked	69·0	1·8	·7*	1·3	27·4	1·1	—	—	—	—	—	—	—	—	—	F.M.	W. Africa	8
	Gaboon chocolate (see "Dika nuts")																		
	"Garri" (see under Cassava)																		
	Gawo (see *Acacia albida*)																		
	Geda (see Peanuts)																		
195	Gemsbok beans, kernels; *Bauhinia esculenta*	4·0	32·8	41·6*	1·3	17·2	3·1	—	—	—	—	—	—	—	—	—	F.M.	U.S. Africa	56
196	Gemsbok beans, kernels, including shells	6·2	18·0	21·3*	10·4	41·6	2·5	—	—	—	—	—	—	—	—	—	F.M.	,, ,,	56
197	Gemsbok beans, shells	8·5	2·5	·2*	19·8	67·2	1·8	—	—	—	—	—	—	—	—	—	F.M.	,, ,,	56
198	Germ meal	12·1	9·1	5·3	3·6	67·2	2·8	—	—	—	—	—	—	—	—	—	F.M.	S. Rhodesia	1
	Gero (see Sorghum and Millet)																		
	Glycine hispida Maxim. beans (see Soya beans)																		
199	"Gorli" seeds; *Oncoba echinata* Oliver	5·8	17·5	46·6*	15·6	11·8	2·7	—	—	—	—	—	—	—	—	—	F.M.	Sierra Leone	57
200	"Gorli" seeds; *Oncoba echinata* Oliver	5·8	18·1	46·6*	14·7	12·1	2·7	—	—	—	—	—	—	—	—	—	F.M.	,, ,,	57
	Gram (see Chick peas)																		
201	,, green; *Phaseolus Mungo* L. (see also Beans, "Lubia Koshari")	8·02	27·0	1·20*	3·83	56·31	3·64	—	—	—	—	—	—	—	—	—	F.M.	Sudan	50
202	Grape	77·4	1·3	1·6	·2	19·2	·5	—	·027	—	—	—	—	·071	—	—	F.M.	U.S. Africa	18
203	Grape fruit	88·8	·5	·2	·3	10·1	·42	—	·029	—	—	—	—	·046	—	—	F.M.	,, ,,	18
	Ground-nuts (see Peanuts)																		
	,, "Bambarra" (see "Bambarra ground-nuts")																		
204	Guava	81·7	1·0	·1	6·8	9·8	·73	—	·020	—	—	—	—	·069	—	—	F.M.	,, ,,	18
205	*Guiera senegalensis* leaves	7·9	8·8	—	—	—	4·80	3·67	—	—	—	—	—	—	—	—		Nigeria	4
	Guinea corn (see Millet and Sorghum)																		
	Guizotia abyssinica seeds (see Niger seeds)																		
	Gujiya (see Peanuts)																		
	Guna seeds (see Water-melon seeds)																		
	Haraz pods (see *Acacia albida* pods)																		
	Haricot beans, yellow (see Beans, Yellow Haricot)																		
206	Hatha (Hassa) leaves, green	—	31·94	—	—	—	20·47	19·8	6·33	—	—	3·90	—	1·05	·42	·04172	D.M.	Kenya	13
207	Hemp seed	8·9	18·2	32·6*	15·0	21·1	4·2	—	—	—	—	—	—	—	—	—	F.M.	—	92
208	,, ,, cake	10·7	30·8	8·6*	23·9	18·3	7·7	—	—	—	—	—	—	—	—	—	F.M.	—	92
209	,, ,, meal	11·3	34·8	1·7*	25·7	16·8	9·3	—	—	—	—	—	—	—	—	—	F.M.	—	92
210	*Hibiscus Sabdariffa* seeds	7·4	26·8	19·8*	15·5	25·2	5·0	—	—	—	—	—	—	—	—	—	F.M.	N. Nigeria	58
211	Hippopotamus, smoked	—	63·06	12·79*	—	—	—	—	—	—	—	—	—	—	—	—	F.M.	BelgianCongo	8
212	Hominy chop	10·26	8·75	4·56	4·9	70·06	1·48	—	—	—	—	—	—	—	—	—	F.M.	S. Rhodesia	1
213	,, ,, high grade	10·1	10·6	8·0*	4·4	64·3	2·6	—	—	—	—	—	—	—	—	—	F.M.	—	92
214	,, ,, low grade	9·1	9·5	6·2*	8·5	64·0	2·7	—	—	—	—	—	—	—	—	—	F.M.	—	92
	Horse beans (see Sword beans)																		
	Horse radish tree seed (see Ben seed)																		
215	Igname	—	·88	·42*	—	27·11	—	—	—	—	—	—	—	—	—	—	F.M.	BelgianCongo	8

216	Ilende; dried vegetable	—	26·31	—	—	—	17·92	10·29	2·14	—	·093	3·01	—	·62	·20	—	D.M.	Tanganyika	15
217	Indian mustard seed, residual meal; *Brassica juncea*	11·1	31·4	1·0*	9·3	36·3	10·9	—	—		—	—			—	—	F.M.	,,	1
218	Inoy kernel meal, oil extracted; *Poga oleosa*	—	41·51	·	6·0	40·71	8·75	—	—	—	—	—	—	4·30	—	—	D.M.	W. Africa	59
	Ipomoea batatas (see Sweet potato)																		
219	Irio, cooked	—	14·38	—	—	—	4·09	4·02	·34	—	·20	1·49	—	·70	·28	·0035	D.M.	Kenya	13
220	Ivory nuts, meal; vegetable ivory; *Phytelepas macrocarpa*	11·39	4·63	·92*	6·89	75·09	1·08	—	—	—	—	—	—	—	—	—	F.M.		124
221	Iyabilo beans	9·3	21·2	·8*	1·0	60·9	3·8	—	—	—	—	—	—	—	—	—	F.M.	Nigeria	4
	Jack beans (see Sword beans)																		
	Jandawa (see Sorghum; guinea-corn)																		
	Jowari (see Millet and Sorghum)																		
	Kadada (see *Dichrostachys nutans*)																		
	Kaffir corn (see Sorghum)																		
	,, melon (see Melon)																		
222	Kalema Ka Ndia leaves, green	—	35·81	—	—	—	14·25	13·48	3·65	—	·08	2·76	—	·94	·30	—	D.M.	Kenya	13
223	Kapok seed, cake; *Eriodendron anfractuosum* DC.	13·6	27·9	7·1*	25·8	20·2	6·3	—	—	—	—	—	—	—	—	—	F.M.		92
	Kash kash leaves (see *Stereospermum kunthianum*)																		
224	*Kerstingiella geocarpa* Harms seeds, husked	9·9	18·04	2·15*	3·96	63·12	2·83	—	—	—	—	—	—	—	—	—	F.M.	N. Nigeria	60
225	*Kerstingiella geocarpa* Harms seeds, husked	10·4	21·4	1·90*	12·70	48·9	4·30	—	—	—	—	—	—	—	—	—	F.M.	W. Africa	60
226	*Khaya senegalensis* leaves	13·8	18·7	3·7*	12·8	45·03	5·97	5·65	—	—	—	—	—	—	—	—	F.M.	Nigeria	4
227	*Kigelia pinnata*, fruit; sausage tree	85·4	·84	·88	4·29	7·93	·66	—	—	—	—	—	—	—	—	—	F.M.	S. Rhodesia	1
228	Kiruyu, cooked	—	14·31	·	—	—	3·08	2·61	·084	—	·29	·55	—	·73	·13	·00454	D.M.	Kenya	13
229	Kisidwe nuts, residual meal; oil extracted; calc. to 7% fat	9·3	10·4	7·0*	8·9	52·2	6·2	—	—	—	—	—	—	—	—	—		Gold Coast	61
	Kogai seeds (see Water-melon seeds)																		
230	"Kokodi" leaves; probably *Balsamocitrus paniculata*	8·0	3·0	8·8*	25·0	49·48	5·72	4·14	—	—	—	·				·		Nigeria	4
	Kuka seeds, etc. (see under Baobab)																		
	Kulkul fruits (see *Bauhinia rufescens*)																		
230a	Kumquat	84·3	1·2	·2	3·7	9·6	·51	—	·088	—	—	—					F.M.	U.S. Africa	18
	"Kunde" seeds and beans (see Cowpeas and Beans, "Kunde")																		
	Kundi cowpeas (see Cowpeas)																		
231	*Lebeckia serecia* leaves; sampled in September	—	20·39	—	—	—	9·11	—	1·47	1·34	1·88	1·61	—	·395	3·11	—	D.M.	,, ,,	62
232	Lemon	89·3	1·0	·7*	·6	8·5	·50	—	·050	—	—	—	—	·050	—	—	F.M.	,, ,,	18
233	Lettuce seed, meal; oil extracted	8·0	34·3	1·1*	11·8	34·4	10·4	—	—	—	—	—	·	—	—	·	F.M.	Sudan	93
234	*Leucaena glauca* pods	19·5	12·5	1·1	20·6	36·6	4·7	—	—	—	—	—	—	—	—	·	F.M.	S. Rhodesia	1
	Lilanda leaves (see Cowpea leaves)																		
	Lima beans (see *Phaseolus lunatus* L. beans, and Beans, Butter)																		
235	Linseed grain, white	6·97	22·75	30·23	5·07	30·54	3·84	—	—	—	—		—	—		—	F.M.	,,	1
236	,, ,,	—	19·04	22·21	14·30	35·07	5·78	3·21	·459	—	—	—	—	1·30	—	—	D.M.	Tanganyika	49
237	,, ,, bran	8·9	13·9	18·8*	10·9	35·7	11·8	—	—	—	—	—			—	—	F.M.	·	92
	Locust beans (see Carob beans)																		
238	Locust bean tree seeds; *Dorowaparkia filicoidea* (see also Dawa-Dawa seeds)	9·2	29·9	14·6*	·	13·2	4·9	—	·75	—	—	—	—	1·07	—	—	F.M.	Nigeria	17
	Locust bean tree seeds; fermented cake (see Dadawa cake)																		
239	Locusts; *Locusta migratoides*	10·5	46·1	9·6*	12·5		5·0	—	—		—	—	·	—	—		F.M.	U.S. Africa	125

Foodstuff Serial No.	NAME	Water	Crude Protein	Ether Ext. (*Expressed as fat)	Fibre	Carb. or N-Free Ext. (by diff.)	Total Ash	Sol. Ash	CaO	MgO	Na_2O	K_2O	Fe_2O_3	P_2O_5	Cl	Mn	Data expressed as per cent. on	Origin	Bibliog. Ref.
240	Locusts, dried	—	61·08	10·07	17·48	4·94	6·43	4·57	·425	—	—	—	—	1·57	—	—	D.M.	Tanganyika	3
241	,, ,,	—	55·0	15·0	15·0	—	—	—	—	—	—	—	—	1·2	—	—	D.M.	Kenya	3
242	,, ,,	—	49·74	18·43	22·19	—	9·64	—	—	—	—	—	—	—	—	—	D.M.	,,	3
243	,, meal	7·06	47·47	22·91	10·81	4·91	6·84	—	—	—	—	—	—	—	—	—	F.M.	S. Rhodesia	1
244	*Lophira alata* seed-cake	8·50	11·69	—	—	—	4·48	—	0·18	0·30	—	1·91	—	0·51	—	—	F.M.	Sierra Leone	64
245	Loquat	89·0	·3	·1	·3	9·0	·3	—	·020	—	—	—	—	—	—	—	F.M.	U.S. Africa	18
	"Lubia" beans (see Beans "Lubia")																		
246	Lucerne, green	71·8	4·8	1·0	7·4	12·3	2·7	—	—	—	—	—	—	—	—	—	F.M.	,, ,,	18
247	,, dried	8·0	15·5	2·4	34·8	30·6	8·9	—	1·40	—	—	—	—	·30	—	—		,, ,,	18
248	,, ,,	8·7	15·3	2·8*	33·8	29·4	10·0	—	—	—	—	—	—	—	—	—		,, ,,	4
	Lulu kernels (see Shea kernels)																		
249	Lupin seeds, blue; *Lupinus* sp.	—	30·18	5·19	21·68	37·22	5·73	3·21	·83	—	—	—	—	·96	—	—	D.M.	Tanganyika	3
250	Maboco leaves, green	—	28·50	—	—	—	18·45	17·04	4·03	—	·12	5·21	—	1·19	·55	·0280	D.M.	Kenya	13
251	Madagascar butter beans, entire pods	6·3	11·8	1·8	26·0	47·5	5·6	—	—	—	—	—	—	—	—	—	F.M.	S. Rhodesia	1
252	,, ,, ,, leaves and stalks, dried	9·2	8·1	3·6	36·9	34·8	7·4	—	—	—	—	—	—	—	—	—		,,	1
253	*Madia sativa*, Mol. seeds, residual meal; oil extracted	8·11	30·19	·55*	26·14	28·81	6·2	—	—	—	—	—	—	—	—	—	F.M.	U.S. Africa	65
254	*Madia sativa*, Mol. seeds, residual meal; oil extracted; calc. to 7% fat	7·6	28·2	7·0*	24·4	27·0	5·8	—	—	—	—	—	—	—	—	—		,, ,,	65
255	"Mafoureira" nuts, oil-cake	—	21·83	—	—	—	—	—	—	—	—	—	—	1·5	—	—	F.M.	E. Africa	66
	Magadi soda (see Appendix)																		
256	Maharage beans	—	21·54	1·99	5·63	66·76	4·08	3·86	·45	—	—	—	—	1·07	—	—	D.M.	Tanganyika	46
257	,, ,,	—	23·11	1·36	4·84	66·57	4·12	3·93	·67	—	—	—	—	1·51	—	—	D.M.	,,	3
258	Maize (see also under Mealie meal, Mealies, and Corn and Cob Meal)	—	10·0	—	—	—	1·59	1·58	·007	—	·05	·51	—	·94	·05	·0007	D.M.	Kenya	13
259	Maize	6·08	10·50	5·30	1·28	75·56	1·28	—	—	—	—	—	—	—	—	—	F.M.	Sudan	67
260	,,	6·76	9·44	4·24	1·68	76·64	1·24	—	—	—	—	—	—	—	—	—	F.M.	U.S. Africa	67
261	,,	11·80	—	—	—	—	1·50	1·33	·0078	—	·15	·26	—	·689	—	·0007	F.M.	Nigeria	68
262	,, Brazilian Flour Corn	—	10·43	5·46*	2·22	80·54	1·35	—	—	—	—	—	—	—	—	—	D.M.	U.S. Africa	69
263	,, Chester County	—	11·39	4·71*	2·26	80·08	1·56	—	—	—	—	—	—	—	—	—	D.M.	,, ,,	69
264	,, Dent	7·0	9·4	4·5	1·9	75·9	1·3	—	—	—	—	—	—	—	—	—	F.M.	S. Rhodesia	1
265	,, ,,	9·3	9·8	4·7	1·7	73·1	1·3	—	—	—	—	—	—	—	—	—	F.M.	U.S. Africa	18
266	,, ,, white and yellow	6·97	9·42	4·53	1·94	75·87	1·27	—	—	—	—	—	—	—	—	—	F.M.	,, ,,	67
267	,, Dent and Flint, mixed	10·9	9·7	5·0	1·5	71·7	1·3	—	—	—	—	—	—	—	—	—	F.M.	,, ,,	18
268	,, Eureka	—	9·98	4·65*	2·53	81·61	1·23	—	—	—	—	—	—	—	—	—	D.M.	,, ,,	69
269	,, Flint	8·6	11·0	5·0	1·7	72·3	1·4	—	—	—	—	—	—	—	—	—	F.M.	,, ,,	18
270	,, ,,	7·40	10·89	5·25	1·87	72·74	1·85	—	—	—	—	—	—	—	—	—	F.M.	,, ,,	67
271	,, ,,	11·1	11·2	4·7*	1·8	70·0	1·2	—	—	—	—	—	—	—	—	—	F.M.	,, ,,	4
272	,, ,,	7·4	10·9	5·3	1·9	72·7	1·8	—	—	—	—	—	—	—	—	—	F.M.	S. Rhodesia	1
273	,, ,, No. 5 Grade Yellow	—	11·44	5·01*	2·11	79·39	2·05	—	—	—	—	—	—	—	—	—	D.M.	U.S. Africa	69
274	,, ,, Undergrade White	—	10·26	5·76*	2·29	80·34	1·35	—	—	—	—	—	—	—	—	—	D.M.	,, ,,	69
275	,, Hickory	11·7	10·4	4·0*	1·4	71·3	1·2	—	—	—	—	—	—	—	—	—	F.M.	,, ,,	4
276	,, ,, King	—	11·32	5·45*	2·26	79·60	1·37	—	—	—	—	—	—	—	—	—	D.M.	,, ,,	69
277	,, ,, ,,	9·8	9·3	4·4	1·4	73·9	1·2	—	—	—	—	—	—	—	—	—	F.M.	S. Rhodesia	1
278	,, Iowa Silver Mine	—	9·03	5·97*	2·31	81·21	1·48	—	—	—	—	—	—	—	—	—	D.M.	U.S. Africa	69
279	,, Natal Eight-row	—	11·74	5·34*	2·28	79·21	1·43	—	—	—	—	—	—	—	—	—	D.M.	,, ,,	69
280	,, ,, Ten-row	—	10·90	4·90*	2·60	80·27	1·33	—	—	—	—	—	—	—	—	—	D.M.	,, ,,	69
281	,, Peruvian	11·0	10·5	5·4*	1·3	70·8	1·0	—	—	—	—	—	—	—	—	—	F.M.	,, ,,	4
282	,, Potchefstroom Pearl	—	10·23	5·07*	2·27	80·0	1·43	—	—	—	—	—	—	—	—	—	D.M.	,, ,,	69
283	,, Salisbury White	10·2	9·3	4·7	1·5	72·9	1·4	—	—	—	—	—	—	—	—	—	F.M.	S. Rhodesia	1
284	,, ,, ,,	10·15	8·9	4·52	1·9	73·24	1·22	—	—	—	—	—	—	—	—	—	F.M.	,,	70
285	,, Yellow Cango	—	11·26	5·92*	1·91	79·58	1·33	—	—	—	—	—	—	—	—	—	D.M.	U.S. Africa	69

286	Maize bran			8·83	10·1	6·48	68·01	6·38	2·20	·468			—		1·05	—		D.M.	Tanganyika	3
287	,, flour	11·05	14·78	1·28*	1·80	1·55	1·28			·02					49			F.M.	Uganda	14
288	,, meal; Ufa or sifted meal	13·8	6·1	1·0*		65·8												F.M.	E. Africa	8
289	,, ,, Ngaiwa or whole meal	11	1·4	·7		60·5												F.M.	,,	8
290	,, ,, polished	10·5	0·3	·2*	1·3	1·35	1·35	1·24	·022		·022	·197			7·9	·86		F.M.	Gold Coast	18
291	,, pollard	4·2	11·2	6·2*	11·9	60·1	1·2											F.M.	U.S. Africa	22
292	,, germ meal	1·8	13·0	1·8*	4·4	56·0	3·6	-				—	—					F.M.		62
	Majorda melon (see Melon)																			
293	Managu leaves, green		31·04		—	—	13·71	13·20	3·40		·20	3·57	-		1·01	1·95	·0294	D.M.	Kenya	13
294	Mango	82·1	3·5	1·0	·4	12·7	·39	—	·029			—			·039	-	—	F.M.	U.S. Africa	18
	Manioc (see Cassava)																			
295	Manketti; Fruits, pulpy mesocarp	10·6	7·9	1·0*	3·0	65·4	5·5	—	—	—	-	—	—	—	—	—	—	F.M.	S.W. Africa	71
	"Maragwe" beans (see Beans, "Maragwe")																			
296	Mararia; ash of swamp reed	—	3·25	-	—	—	70·51	50·22	7·32	—	0·86	12·02	—		2·70	9·02	·418	D.M.	Kenya	13
297	Marenge leaves, green	—	34·06	—	—	-	24·34	23·10	2·44	—	·46	6·27	-		2·34	·51	—	D.M.	,,	13
298	Marrow	—	6·04	—	-	—	6·73	6·56	·27	—	·02	3·52	-		·70	·27	·0025	D.M.	,,	13
299	Marura; ash of papyrus plant	—	1·0	—	-	-	86·32	39·66	4·35	—	10·31	3·77	—		2·11	7·10	·352	D.M.	,,	13
	Masara (see Maize)																			
300	Mathoriko leaves, green	—	28·06	-	—	—	15·81	14·54	5·24	—	·076	3·17	-		·85	·30	·0513	D.M.	,,	13
301	Matuva fruit	—	8·60	-	—	—	5·79	5·53	·77	—	·177	2·19	—		·34	·28	—	D.M.	,,	13
	Mauritius beans (see Velvet beans, black)																			
	"Mawali" (see Millet)																			
	"Mbaazi" beans (see Pigeon peas)																			
	"Mbwanda" beans (see Beans, "Mbwanda")																			
302	Mealie meal (see also Maize)	—	8·50	4·60*	—	72·80	-	-	-	-	—	—	-		-	-		F.M.	BelgianCongo	8
303	,, ,,	—	9·60	5·10*	-	73·10	—	—	—	—	—	—	—		—	—	—	F.M.	,, ,,	8
304	,, ,,	—	9·03	4·90*	—	70·99	—	—	-	-	-	-	-		-	-	—	F.M.	,, ,,	8
305	,, ,,	10·22	8·55	4·69	1·96	72·61	1·30	—	—	-	-	-	-		-	-	-	F.M.	S. Rhodesia	1
306	Mealies, green	—	9·70	5·40*	—	68·99	—	—	-	-	-	-	-		-	-	-		BelgianCongo	8
307	,, ,,	—	9·66	4·35*	-	74·80	—	—	-	-	—	-	-		-	-	-		,, ,,	8
308	,, ,,	—	10·35	7·20*	—	66·50	—	-	-	-	-	-	—		-	-	-		,, ,,	8
309	,, ,,	72·6	4·0	·50	1·4	20·7	·84	—	-	-	-	—	-		-	-	-	F.M.	U.S. Africa	18
310	Melon, Kaffir	95·7	·3	—	·4	3·1	·37	—	-	-	-	-	-		-	-	-	F.M.	,, ,,	18
311	,, Majorda	94·62	·44	·03	·43	4·12	·36	—	—	—	—	—	—		—	—	—	F.M.	S. Rhodesia	1
312	,, Musk	89·5	·6	-	—	9·3	·60	-	-	-	-	-	-		-	-	-	F.M.	U.S. Africa	18
313	Mesquite beans, entire fruit; *Prosopis juliflora* DC.	—	13·0	2·50	27·40	52·50	4·60	—	-	-	—	-	-		-	-	-	D.M.	-	126
314	Mesquite beans, entire pericarp	—	6·68	1·0	31·30	50·51	4·51	—	—	—	—	-	-		-	-	-	D.M.	-	126
315	,, ,, ,, seeds	-	30·27	4·00	7·53	47·23	4·67	-				-					-	D.M.	-	126
316	Mesquite beans, pod and sugary materials	—	10·10	2·27	30·04	53·52	4·07	-	-			-						D.M.	-	126
317	Mesquite beans, seed capsules or husks	—	4·34	·00	54·33	37·20	3·44	-				-						D.M.	-	126
318	Mesquite beans, seed coats	—	7·70	·05	12·04	77·34	2·27								-			D.M.	-	126
319	,, ,, seed kernels		65·17	7·70	2·80	19·10	5·17					-						D.M.	-	126
320	Millet (see also Sorghum)	-	10·4	3·0*	—	68·3	—	—	—	—	-	-	-		-	-	-	F.M.	BelgianCongo	8
321	,,	9·4	13·7	5·1	2·1	67·7	2·0											F.M.	U.S. Africa	18
322	,,	—	10·8	2·50*	—	7·077	—				-							F.M.	Dahomey	8
323	,, grey	11·2	8·2	4·0*	1·2	73·4	1·9					-						F.M.	S. Nigeria	72
324	,, red	—	8·31	—	—	—	3·58	3·31	·41	—	·005	·86	—		·76	·15	·040	D.M.	Kenya	13
325	,, white	—	12·38	-	-	—	2·20	1·83	·028	-	·017	·57	-		·82	·09	·0026	D.M.	,,	13
326	,, "Mawali"; *Pennisetum typhoideum* Rich.	10·60	12·47	3·0*	2·80	67·13	2·0	-		-	-	-						F.M.	Zanzibar	73
327	Millet, pearl; *Pennisetum glaucum*	12·07	9·78	3·01*	1·98	7·043	1·54	1·41	·049	—	·010	·231	·0051		·62	·057	·0012	F.M.	Nigeria	68
328	,, ,, ,, ,,	9·4	13·7	5·1	2·1	67·7	2·0	—	·020	—	—	—	—		·75	-	-	F.M.	U.S. Africa	18

Foodstuff Serial No.	NAME	Water	Crude Protein	Ether Ext. (*Expressed as fat)	Fibre	Carb. or N-Free Ext. (by diff.)	Total Ash	Sol. Ash	CaO	MgO	Na_2O	K_2O	Fe_2O_3	P_2O_5	Cl	Mn	Data expressed as per cent. on	Origin	Bibliog. Ref.
329	Millet "Tamba"	12·8	5·3	1·3*	3·4	75·0	2·2	—	—	—	—	—	—	—	—	—	F.M.	N. Nigeria	74
330	,, "Uimbe"; *Eleusine coracana* (q.v.)	10·3	5·4	1·5*	3·4	76·9	2·5	—	—	—	—	—	—	—	—	—	F.M.	Zanzibar	54
331	,, "Umanga"; *Setaria* sp.	9·47	10·20	4·31*	7·83	65·11	3·08	—	—	—	—	—	—	—	—	—	F.M.	,,	73
332	Millet bran; white millet	—	13·81	0·03	6·2	65·3	8·66	4·31	·26	—	—	—	—	1·62	—	—	D.M.	Tanganyika	3
333	,, ,, ; red millet	—	12·95	7·05	6·3	66·62	7·08	4·11	·23	—	—	—	—	1·27	—	—	D.M.	,,	3
334	Millet flour; *Eleusine coracana*	—	7·19	1·35*	—	75·0	—	—	·448	·355	·062	·589	·0034	·737	·036			N. Rhodesia	120
335	Millet dried; residue from production of native beer	—	22·09	4·86	8·39	33·63	31·03	1·28	·42	—	—	—	—	·59	—	—	D.M.	Tanganyika	46
336	Mimosa meal	7·06	11·25	·92	21·18	55·44	4·15	—	—	—	—	—	—	—	—	—	F.M.	S. Rhodesia	1
337	"Miyafa" leaves	11·6	16·6	5·1*	8·3	48·32	10·08	9·73	—	—	—	—	—	—	—	—		Nigeria	4
	"Mkani" seeds (see *Allanblackia Stuhlmannii* Engl.)																		
	Mohogo (Muhogo) (see Cassava)																		
	Monodora myristica Dun. (see "Owere" seeds)																		
338	*Moringa aptera* (Forsk.) Gaertn. kernel meal; oil extracted	8·7	48·6	2·6*	6·6	28·0	5·5	—	—	—	—	—	—	—	—	—	F.M.	Egypt	75
	Moringa oleifera Lam. seeds (see Ben seeds)																		
	Moringa pterygosperma Gaertn. (see Ben seed)																		
	"Mronge" seeds (see Ben seeds)																		
	"Msambo" seeds (see *Allanblackia Stuhlmannii* Engl.)																		
	"Mtama Maikundu" (see Sorghum)																		
	Mucuna beans (see Velvet beans)																		
	Munga (see Nyonti)																		
	Munga pods (see Acacia pods)																		
	Mungotuba pods (see *Acacia Woodii* pods)																		
339	Musa seed flour	12·26	11·42	1·08*	Nil	74·68	0·56	—	—	—	—	—	—	—	—	—	F.M.	E. Africa	76
	Musangu pods (see *Acacia albida* pods)																		
	Musk melon (see Melon)																		
	Mustard seed, Indian (see Indian mustard seed)																		
340	Musuru, cooked	—	16·44	—	—	—	4·08	4·06	·18	—	·34	1·16	—	·70	·11	·0047	D.M.	Kenya	13
341	Muthio, cooked	—	14·88	—	—	—	2·68	2·25	·056	—	·19	·48	—	·78	·11	·0038	D.M.	,,	13
	Mutike beans (see Beans, Mutike)																		
	Mutubetube pods (see *Acacia Woodii* pods)																		
	Muukila pods (see *Acacia Woodii* pods)																		
342	Muyuyu leaves, green	—	31·31	—	—	—	25·19	25·16	1·19	—	·023	12·82	—	·78	·49	·030	D.M.	,,	13
	"Mwohlo" pods (see *Acacia giraffae* Burch.)																		
343	Ndoma, arrowroot	—	6·13	—	—	—	6·56	6·52	·66	—	·017	3·23	—	·34	·26	—	D.M.	,,	13
344	Ndoma leaves, green	—	34·41	—	—	—	17·52	17·47	3·70	—	·12	4·99	—	2·06	1·24	—	D.M.	,,	13
	Neele seeds (see Water-melon seeds)																		
	Ngaiwa meal (see Maize meal)																		
345	Ngambura fruit	—	14·19	—	—	—	13·49	13·28	·91	—	·048	5·82	—	1·14	·25	—	D.M.	,,	13
	"Ngena" beans (see Beans, "Ngena")																		
346	Ngondi, cooked	—	72·25	—	—	—	6·24	6·17	·43	—	2·17	1·12	—	·66	·16	·0004	D.M.	,,	13

347	N'gore nuts, residual meal; oil extracted	6·8	43·4	7·0*	8·8	26·9	7·1	—	—	—	—	—	—	—	—	—	F.M.	W. Africa	77
348	Niger seed; *Guizotia abyssinica*	5·09	23·10	38·46*	15·58	12·05	5·12										F.M.	—	127
349	,, ,, cake	10·4	33·1	6·1*	16·8	23·4	10·2	—	—	—	—	—	—	—	—	—	F.M.	—	127
	Niri seeds (see Water melon seeds)																		
	Njahe beans, red and white (see under Beans)																		
	"Njugu Mawe" beans (see *Voandzeia subterranea* Thou.)																		
	"Njugu Nyassa" nuts (see Peanuts)																		
350	N'kamba nuts, residual meal; oil extracted	6·2	18·9	1·3*	2·4	68·4	2·8	—	—	—	—	—	—	—	—	—	F.M.	W. Africa	78
	"Ntonga" nuts (see *Cryptocarya latifolia* nuts)																		
351	Nyomo beans	9·4	16·3	6·8	5·7	58·2	3·6	—			—	—		—	—	—	F.M.	S. Rhodesia	1
352	Nyouti	9·12	11·37	4·31	1·57	71·15	2·18				—	—	—	—	—	—	F.M.	,,	1
353	Oats	9·9	9·4	6·0	10·2	60·9	3·6	—	—		—	—	—	—	—		F.M.	U.S. Africa	18
354	,,	10·09	15·31	5·76	13·48	52·0	3·36	—	—	—	—	—	—	—	—	—	F.M.	S. Rhodesia	70
355	,,	—	10·28	6·60	14·94	65·88	2·02	1·01	·186	—	—	—	—	·301	—	—	D.M.	Tanganyika	46
356	,, ; Kherson	9·51	15·31	5·32	11·26	54·7	3·9	—	—	—	—	—	—	—	—	—	F.M.	S. Rhodesia	1
357	,, ; Kinvarra	9·66	12·25	8·70	13·71	51·76	3·92	—	—	—	—	—	—	—	—	—	F.M.	,,	1
358	,, hull-less	11·43	21·0	7·81	2·0	55·63	2·13	—	—	—	—	—	—	—	—	—	F.M.	,,	1
359	,, ,,	10·47	18·10	6·95	1·52	60·54	2·42	—	—	—	—	—	—	—	—	—	F.M.	,,	70
360	,, ,,	10·30	17·60	7·75	1·69	60·52	2·08	—			—	—	—	—	—	—	F.M.	,,	70
361	*Ochna pulchra* fruits, whole, meal; oil extracted	11·7	14·5	·9*	11·4	59·4	2·1	—			—	—	—	—	—	—	F.M.	U.S. Africa	79
362	*Ochna pulchra* fruits, kernel, meal; oil extracted	10·3	21·3	·8*	2·1	63·3	2·2	—	—			—	—	—	—	—	F.M.	S. Rhodesia	80
363	*Ochna pulchra* fruits, pericarp, meal; oil extracted	10·3	7·3	·5*	18·8	60·8	2·3	—	—	—	—	—	—	—	—	—	F.M.	,,	80
364	Ockro, dried	24·5	11·4	1·5*	7·1	49·7	5·6	—	—	—	—	—	—	—	—	—		W. Africa	8
	Oil bean (see Owala bean)																		
365	Olives, wild, kernel, *Ximenia americana* L.	5·1	17·5	60·0*	2·0	13·0	1·8	—	—	—	—	—		—	—	—	F.M.	U.S. Africa	81
366	Olives, wild, kernel meal; oil extracted	6·2	38·8	5·3*	6·3	38·1	5·3	—	—	—	—	—	—	—	—	—	F.M.	,,	82
367	Olives, wild, kernel meal; oil extracted	7·2	41·5	5·0*	8·9	31·3	6·1	—	—	—	—	—	—	—	—	—	F.M.	E. Africa	82
368	Olives, wild, kernel meal; oil extracted	7·5	41·3	1·6*	6·1	38·0	5·5	—	—	—	—	—					F.M.	U.S. Africa	83
	Oncoba echinata Oliver (see "Gorli" seeds)																		
	Opuntia sp. (see Prickly pear)																		
369	Orange	87·0	·4	·8	·5	11·4	·5	—	·063	—	—	—	—	·048	—		F.M.	,, ,,	18
370	Owala beans, meal; oil extracted; *Pentaclethra macrophylla*) (see also Atta beans)	12·9	34·8	—	6·6	41·9	3·5	—		—	—	—	—	—	—		F.M.	S. Nigeria	84
	"Owege Fufu" beans (see Beans, "Owege Fufu")																		
371	"Owere" seeds, residual meal; *Monodora myristica* Dun.	1·0	17·0	2·8*	47·4	29·1	2·1	—	—	—	—	—			—	—	F.M.	Gold Coast	85
	"Owuga" beans (see Beans, "Owuga")																		
372	Palm nut kernel	8·4	8·4	48·8*	5·8	26·8	1·8	—	—	—	—	—	—	—	—		F.M.	—	92
373	,, ,, ,, cake	5·1	14·0	15·5	18·5	43·4	3·5	—			—	—	—	—	—		F.M.	S. Rhodesia	1
374	,, ,, ,, ,,	11·0	19·2	6·0*	13·4	46·5	3·9	—	·30	—	—	·50	—	1·10	·10		F.M.	—	92
375	,, ,, ,, meal; oil extracted	10·0	19·0	2·0*	16·0	49·0	4·0	—			—						F.M.	—	92
376	Papaw	89·0	2·3	·1	·3	8·2	·1	—	—		—	—	—	—			F.M.	U.S. Africa	18
377	Papaw leaves, dried, sampled in June	9·7	22·5	3·9	9·7	43·1	11·1	—	—	—	—	—	—	—	—	—		S. Rhodesia	87

Food-stuff Serial No.	NAME	Water	Crude Protein	Ether Ext. (*Expressed as fat)	Fibre	Carb. or N-Free Ext. (by diff.)	Total Ash	Sol. Ash	CaO	MgO	Na_2O	K_2O	Fe_2O_3	P_2O_5	Cl	Mn	Data expressed as per cent. on	Origin	Bibliog. Ref.
378	*Pappea capensis* Eckl. seed, meal; oil extracted; undecorticated seeds	9·2	16·3	1·0*	18·6	51·9	3·0	—	—	—	—	—	—	—	—	—	F.M.	U.S. Africa	86
379	*Pappea capensis* Eckl. seed, meal; oil extracted; decorticated seeds	7·4	38·3	·4*	5·1	42·9	5·9	—	—	—	—	—	—	—	—	—	F.M.	,,	86
	Papyrus plant ash (see Marura)																		
380	*Paradaniella Olivieri* leaves	9·4	5·5	—	—	—	9·44	4·77	—	—	—	—	—	—	—	—		Nigeria	4
	Parkia filicoidea Welw. seeds (see Dawa-Dawa seeds)																		
	Pawpaw leaves (see Papaw leaves)																		
381	Peach	89·4	·7	·1	1·5	9·4	·40	—	·022	—	—	—	—	·055	—	—	F.M.	U.S. Africa	18
382	Peanuts, entire pods	7·36	24·71	36·31	16·02	13·25	2·35	—	—	—	—	—	—	—	—	—	F.M.	S. Rhodesia	1
383	,, ,,	8·82	22·07	32·9	18·12	15·45	2·64	—	—	—	—	—	—	—	—	—	F.M.	,,	1
384	,, husks	10·65	4·81	·98	61·16	19·34	3·06	—	—	—	—	—	—	—	—	—	F.M.	,,	1
385	,, ,,	10·84	4·58	1·09	64·50	16·59	2·40	—	—	—	—	—	—	—	—	—	F.M.	,,	1
386	,, kernels	—	24·0	44·3*	—	17·0	—	—	—	—	—	—	—	—	—	—	F.M.	BelgianCongo	8
387	,, ,,	—	25·50	43·77*	—	18·52	—	—	—	—	—	—	—	—	—	—	F.M.	,, ,,	8
388	,, ,,	—	27·60	41·50*	—	23·75	—	—	—	—	—	—	—	—	—	—	F.M.	,, ,,	8
389	,, ,,	—	23·30	36·50*	—	20·50	—	—	—	—	—	—	—	—	—	—	F.M.	,, ,,	8
390	,, ,,	5·95	22·87	49·19*	2·60	8·41	2·95	—	·09	—	—	—	—	1·02	—	—	F.M.	Uganda	14
391	,, ,,	6·36	30·79	47·10	2·23	11·38	2·14	—	—	—	—	—	—	—	—	—	F.M.	S. Rhodesia	1
392	,, ,,	8·15	27·94	43·57	2·56	15·05	2·73	—	—	—	—	—	—	—	—	—	F.M.	,,	1
393	,, ,,	4·8	30·3	47·3	4·0	11·5	2·1	—	—	—	—	—	—	—	—	—	F.M.	U.S. Africa	18
394	,, meal	10·3	46·8	7·5*	—	—	5·8	—	·29	—	—	—	—	1·27	—	—	F.M.	Nigeria	17
395	,, oil-cake	6·2	45·9	16·2	4·5	23·1	4·1	—	—	—	—	—	—	—	—	—	F.M.	S. Rhodesia	1
396	,, ,,	9·6	45·0	10·7*	—	30·7	4·0	—	—	—	—	—	—	—	—	—	F.M.	,,	88
397	,, ,,	—	50·39	8·22	4·78	32·47	4·14	3·71	·301	—	—	—	—	1·40	—	—	D.M.	Tanganyika	46
398	,, ,,	—	44·14	10·61	8·70	31·27	5·28	4·82	·235	—	—	—	—	1·43	—	—	D.M.	,,	46
399	,, ,,	—	43·33	6·90	5·92	37·94	5·91	4·22	·50	—	—	—	—	1·45	—	—	D.M.	,,	3
400	,, ,,	—	46·24	4·71	5·64	36·75	6·66	4·42	·466	—	—	—	—	1·50	—	—	D.M.	,,	47
401	,, ,,	—	53·19	8·89	4·76	27·86	5·30	4·62	—	—	—	—	—	—	—	—	D.M.	,,	5
402	,, ,,	—	51·31	4·76	4·77	33·31	5·85	4·34	—	—	—	—	—	—	—	—	D.M.	,,	5
403	Peas; variety not stated	—	24·56	—	—	—	3·83	3·80	·14	—	·057	1·83	—	1·03	·02	·0025	D.M.	Kenya	13
	Pennisetum spp. (see under Millet)																		
	Pentaclethra macrophylla beans (see Atta beans and Owala beans)																		
	Pentadesma butyracea seeds (see "Sorleh" seeds)																		
	Phaseolus acutifolius beans (see Tepary beans)																		
404	*Phaseolus lunatus* L. beans (see also Beans, Butter)	11·3	22·9	·8*	4·8	55·7	2·7	—	—	—	—	—	—	—	—	—	F.M.	Sierra Leone	128
405	*Phaseolus lunatus* L. beans	13·4	23·4	·8*	3·8	55·8	2·8	—	—	—	—	—	—	—	—	—	F.M.	,, ,,	128
406	,, ,,	10·7	20·0	·9*	4·3	60·2	3·9	—	—	—	—	—	—	—	—	—	F.M.	,, — ,,	4
	Phaseolus Mungo L. (see Gram, green and Beans, "Lubia Koshari")																		
	Phaseolus vulgaris L. beans (see entries under Beans)																		
	Phytelepas macrocarpa nuts (see Ivory nuts)																		
407	*Phytolaca* leaves, fresh	66·0	6·2	1·8*	4·4	18·3	3·4	—	—	—	—	—	—	—	—	—	F.M.	U.S. Africa	89
408	Pigeon peas, *Cajanus indicus* (see also Beans, "Ads Sudani")	7·49	20·11	1·66*	6·21	60·58	3·95	—	—	—	—	—	—	—	—	—	F.M.	Sudan	90

409	Pigeon peas, *Cajanus indicus*	·71	18·1	1·0*	6·4	61·8	3·6	—	—	—	—	—	—	—	—	—	F.M.	Sierra Leone	90
410	,, ,, ,,	11·72	18·10	1·42*	8·06	57·12	3·28	—	—	—	—	—	—	—	—	—	F.M.	N. Nigeria	91
411	,, ,,	—	20·45	2·56	7·14	65·69	4·16	4·07	·20	·28	·03	1·02	—	·24	·03	—	D.M.	Gold Coast	118
412	Pineapple	87·8	·5	·1	·6	10·0	·4	—	·025	—	—	—	—	·064	—	—	F.M.	U.S. Africa	18
413	Plantains; *Musa paradisiaca* L.	—	1·03	—	—	—	4·09	4·03	·028	—	·06	2·21	—	·32	·27	·0019	D.M.	Kenya	13
414	Plantains, flour	12·3	2·6	·4*	·7	82·2	1·8	—	—	—	—	—	—	—	—	—	F.M.	—	4
415	,, ,,	13·3	1·8	·3*	·9	81·6	2·1	—	—	—	—	—	—	—	—	—	F.M.	—	4
	Poga oleosa kernels (see Inoy kernels)																		
416	Pomegranate	75·8	1·5	1·2	3·6	20·9	·6	—	·015	—	—	—	—	·24	—	—	F.M.	U.S. Africa	18
417	Poppy seed, cake	9·5	36·9	9·8*	8·3	21·7	13·8	—	—	—	—	—	—	—	—	—	F.M.	—	92
	Posho beans, black and white (see under Beans)																		
418	Potatoes	—	1·6	·5*	—	22·5	—	—	—	—	—	—	—	—	—	—	F.M.	BelgianCongo	8
419	,,	—	3·28	·61*	—	71·6	—	—	—	—	—	—	—	—	—	—	F.M.	Dahomey	8
420	,,	—	0·96	—	—	—	5·55	5·47	·070	—	·02	2·84	—	·53	·12	—	D.M.	Kenya	13
421	Prickly pear fruit, complete, *Opuntia* sp.	—	·70	—	—	—	—	—	—	—	—	—	—	—	—	—	F.M.	S. Rhodesia	1
422	Prickly pear fruit, pulp	—	·88	—	—	—	—	—	—	—	—	—	—	—	—	—	F.M.	,,	1
	Prosopis juliflora DC. beans (see Mesquite beans)																		
423	*Prosopis oblonga* fruits	9·6	9·2	3·0*	22·1	53·02	3·08	3·07	·22	—	·02	1·27	·03	·20	·006	—		Nigeria	4
424	,, ,, stems and leaflets	7·9	10·2	6·8*	22·9	49·46	2·74	2·38	—	—	—	—	—	—	—	—		,,	4
425	*Pterocarpus erinaceus* leaves	10·1	17·1	2·4*	31·9	31·99	6·51	6·22	·70	—	·08	2·64	·10	·51	·014	—		,,	4
	Pumba (see Millet bran)																		
426	Pumpkin	86·8	1·8	·80	1·8	7·9	·90	—	—	—	—	—	—	—	—	—	F.M.	S. Rhodesia	1
427	,, seeds	5·54	33·91	39·57	15·05	2·0	3·93	—	—	—	—	—	—	—	—	—	F.M.	,,	1
428	Rape seed	7·3	19·6	45·0*	5·9	15·0	4·2	—	—	—	—	—	—	—	—	—	F.M.	—	92
429	,, ,, cake	8·6	35·5	9·6*	8·3	25·6	12·4	—	—	—	—	—	—	—	—	—	F.M.	—	92
430	,, ,, meal; oil extracted	10·7	36·9	3·1*	9·3	32·7	7·3	—	—	—	—	—	—	—	—	—	F.M.	—	92
431	Rapoko	10·58	7·62	1·30	2·88	74·40	3·16	—	—	—	—	—	—	—	—	—	F.M.	S. Rhodesia	1
432	Rice	—	12·67	·44*	—	73·51	—	—	—	—	—	—	—	—	—	—	F.M.	BelgianCongo	8
433	,, "red"	11·27	9·4	—	—	—	1·85	1·74	·022	—	·088	·28	·010	·69	—	·0012	F.M.	Nigeria	68
434	Rye	9·4	11·8	1·8*	1·8	73·2	2·9	—	—	—	—	—	—	—	—	—	F.M.	—	129
435	,, bran	11·4	15·3	3·1*	4·0	62·7	3·5	—	—	—	—	—	—	—	—	—	F.M.	—	129
436	,, flour	11·8	7·9	1·1*	·4	78·0	·8	—	—	—	—	—	—	—	—	—	F.M.	—	129
437	,, middlings	11·4	15·7	3·4*	4·6	61·2	3·7	—	—	—	—	—	—	—	—	—	F.M.	—	129
438	Safflower seeds, unhusked; *Carthamus tinctorius* L.	6·58	13·65	25·67*	29·53	20·40	4·17	—	—	—	—	—	—	—	—	—	F.M.	—	130
439	Safflower seeds, cake, decorticated	11·60	47·88	7·70*	6·20	19·72	6·90	—	—	—	—	—	—	—	—	—	F.M.	—	130
440	,, ,, ,, undecorticated	8·55	20·25	9·73*	32·95	25·12	3·40	—	—	—	—	—	—	—	—	—	F.M.	—	130
441	Safwe; dried vegetable	—	32·56	—	—	—	16·15	12·31	2·93	—	·24	3·54	—	·93	·14	—	D.M.	Tanganyika	15
	Salt licks (see Appendix)																		
	Salts, native (see Appendix)																		
	Sausage tree, fruit (see *Kigelia pinnata*)																		
	Sayal pods (see *Acacia spirocarpa* pods)																		
442	*Securidaca longipedunculata* leaves	9·2	18·7	—	—	—	3·42	2·33	—	—	—	—	—	—	—	—		Nigeria	4
443	"Seepu"	9·02	12·19	2·39	10·19	51·40	13·91	—	—	—	—	—	—	—	—	—	F.M.	S. Rhodesia	1
444	Senat fruit, husks; *Cucumis Chate* L.	10·03	10·75	2·20*	20·85	38·8	17·06	—	—	—	—	—	—	—	—	—	F.M.	Sudan	93
445	,, ,, ,, ,,	—	—	—	—	—	(17·06)	—	8·42	4·11	·70	42·69	—	2·51	2·08	—	Ash	,,	93
446	Sesame (Simsim) seed; *Sesamum indicum* L.	—	18·38	51·0*	—	5·50	—	—	—	—	—	—	—	—	—	—	F.M.	BelgianCongo	8
447	Sesame seed	—	23·4	52·6*	—	—	4·9	—	1·2	—	—	—	—	1·39	—	—	F.M.	Nigeria	131
448	,, ,,	5·8	19·3	51·1	3·2	14·9	5·7	—	1·4	—	—	—	—	1·60	—	—	F.M.	—	132
449	,, seed cake	—	37·98	15·06	9·11	25·08	12·80	10·35	3·05	—	—	—	—	2·88	—	—	D.M.	Tanganyika	46
450	,, ,,	7·9	41·9	8·6*	—	—	7·1	—	2·14	—	—	—	—	2·52	—	—	F.M.	Nigeria	17
451	,, ,,	—	43·19	11·63	0·48	27·19	11·63	8·76	1·54	—	—	—	—	1·51	—	—	D.M.	Tanganyika	17

Food-stuff Serial No.	NAME	Water	Crude Protein	Ether Ext. (*Expressed as fat)	Fibre	Carb. or N-Free Ext. (by diff.)	Total Ash	Sol. Ash	CaO	MgO	Na_2O	K_2O	Fe_2O_3	P_2O_5	Cl	Mn	Data expressed as per cent. on	Origin	Bibliog. Ref.
452	Sesame seed meal; oil extracted; white; calc. to 7% fat	8·3	50·6	7·0*	5·6	19·0	9·5	—	—	—	—	—	—	—	—	—		Sudan	4
453	Sesame seed meal; oil extracted; red; calc. to 7% fat	7·9	46·3	7·0*	5·6	19·1	14·1	—	—	—	—	—	—	—	—	—		,,	4
454	Sesame seed meal; oil extracted	8·2	41·6	2·2*	5·4	36·2	6·4	—	—	—	—	—	—	—	—	—	F.M.	U.S. Africa	4
455	,, ,, ,, ,, ,,	10·1	39·6	2·3*	6·1	34·9	7·0	—	—	—	—	—	—	—	—	—	F.M.	,, ,,	4
456	*Sesbania cinerascens* seeds	11·4	21·7	4·8*	12·2	47·0	2·9	—	—	—	—	—	—	—	—	—	F.M.	,, ,,	94
457	*Sesbania mossambicensis* seeds	9·6	32·9	6·2*	10·9	39·0	1·4	—	—	—	—	—	—	—	—	—	F.M.	,, ,,	94
	"Sese" beans (see Beans, "Sese")																		
	"Sese ere" beans (see Beans, "Sese ere")																		
	Setaria sp. (see under Millet)																		
458	Shea kernel, cake; *Butyrospermum Parkii* Kotschy	7·85	11·13	20·3*	6·68	48·54	5·50	—	—	—	—	—	—	—	—	—	F.M.	—	95
459	Shea kernel meal; oil extracted	13·1	15·6	3·2*	5·4	56·8	5·9	—	—	—	—	—	—	—	—	—	F.M.	Sudan	96
	Shinkafa (see Rice)																		
	Simsim (see Sesame)																		
	Sorgho (see Sorghum, sweet)																		
	Sorghum (see also Millet)																		
460	Sorghum, dura	8·45	13·06	3·30	1·03	72·45	1·71	—	—	—	—	—	—	—	—	—	F.M.	,,	97
461	Sorghum, dura meal separated in manufacture of flakes	9·92	14·44	8·0*	4·9	55·76	6·98	—	—	—	—	—	—	—	—	—	F.M.	,,	98
462	Sorghum, guinea-corn, white	12·83	9·90	—	—	—	1·62	1·52	·020	—	·019	·021	·005	·70	·04	·0014	F.M.	Nigeria	68
463	,, ,, red	13·50	11·06	—	—	—	1·51	1·45	·021	—	·020	·20	·0047	·01	·05	·0020	F.M.	,,	68
464	,, Kaffir corn, white	11·93	9·79	3·22*	1·27	72·50	1·29	—	—	—	—	—	—	—	—	—	F.M.	U.S. Africa	99
465	,, ,, ,, ,,	8·45	13·06	3·30*	1·03	72·45	1·71	—	—	—	—	—	—	—	—	—	F.M.	Sudan	99
466	,, ,, ,, ,,	12·8	9·9	3·4	1·3	71·0	1·62	—	·020	—	—	—	—	·71	—	—	F.M.	U.S. Africa	18
467	,, ,, ,, red	12·0	10·83	3·37*	1·28	71·01	1·51	—	—	—	—	—	—	—	—	—	F.M.	,, ,,	99
468	,, ,, ,, ,,	10·0	11·2	2·8*	1·8	72·1	2·1	—	—	—	—	—	—	—	—	—	F.M.	Zanzibar	99
469	,, ,, ,, ,,	13·5	11·1	3·7	1·4	68·0	1·50	—	·022	—	—	—	—	·62	—	—	F.M.	U.S. Africa	18
470	,, ,, ,, mixed	11·73	10·01	3·06*	1·14	72·58	1·48	—	—	—	—	—	—	—	—	—	F.M.	,, ,,	99
471	,, ,, ,, meal	11·1	10·3	3·4	1·9	72·1	1·40	—	·015	—	—	—	—	·43	—	—	F.M.	,, ,,	18
472	,, red; "Mtama Maikundu"	10·0	11·2	2·8*	1·8	72·1	2·1	—	—	—	—	—	—	—	—	—	F.M.	Zanzibar	100
473	,, sweet	—	11·18	4·51*	—	61·25	—	—	—	—	—	—	—	—	—	—	F.M.	BelgianCongo	8
474	,, ,,	—	13·56	5·67*	—	43·32	—	—	—	—	—	—	—	—	—	—	F.M.	,, ,,	8
475	"Sorleh" seeds, residual meal; *Pentadesma butyracea*; calc. to 7% fat	11·4	5·5	7·0*	11·7	61·2	3·2	—	—	—	—	—	—	—	—	—		Sierra Leone	4
476	"Sorleh" seeds, residual meal; *Pentadesma butyracea*; calc. to 7% fat	11·2	6·1	7·0*	11·7	60·8	3·2	—	—	—	—	—	—	—	—	—		,, ,,	4
	"Soroko" beans (see Beans, "Soroko")																		
477	Soya beans; *Glycine hispida* Maxim.	7·8	40·0	17·0*	4·9	24·5	4·9	—	—	—	—	—	—	—	—	—	F.M.	U.S. Africa	4
478	,, ,,	7·8	39·2	17·0*	4·8	26·4	4·8	—	—	—	—	—	—	—	—	—	F.M.	,, ,,	4
479	,, ,,	8·7	36·5	18·3*	5·1	26·6	4·8	—	—	—	—	—	—	—	—	—	F.M.	,, ,,	4
480	,, ,, meal; oil extracted	12·8	41·6	·9*	5·4	33·7	5·6	—	—	—	—	—	—	—	—	—	F.M.	Nyasaland	4
481	,, ,, ,, ,, ,,	10·6	52·6	2·1*	5·4	23·9	5·4	—	—	—	—	—	—	—	—	—	F.M.	,,	4
482	,, ,, ,, ,, ,,	10·8	47·1	·3*	5·4	29·6	6·8	—	—	—	—	—	—	—	—	—	F.M.	,,	4
483	Spineless cactus, green	81·16	1·32	·28*	4·07	8·88	4·29	—	—	—	—	—	—	—	—	—	F.M.	U.S. Africa	133
484	,, ,, ,,	92·20	·63	·16*	1·19	4·07	1·75	—	—	—	—	—	—	—	—	—	F.M.	,, ,,	133
485	Squash	88·3	1·4	·5	—	9·0	·8	—	·025	—	—	—	—	—	—	—	F.M.	,, ,,	18
486	*Sterculia foetida* L. seeds, kernel meal; oil extracted	9·9	31·7	7·2*	2·6	43·5	5·1	—	—	—	—	—	—	—	—	—	F.M.	Gold Coast	101

487	*Sterculia foetida* L. seeds, middle seed coat meal; oil extracted	11·9	9·5	4·1*	41·6	49·3	3·4	—	—	—	—	—	—	—	—	—	F.M.	Gold Coast	101
488	*Sterculia murex* seeds, meal; oil extracted	12·7	18·5	·8*	1·1	63·2	3·4	—	—	—	—	—	—	—	—	—	F.M.	U.S. Africa	1
489	*Stereospermum kunthianum* leaves	10·8	3·7			-	18·11	5·9	—	—	—	—	—	—	—	—		Nigeria	4
	Stizolobium sp. (see Velvet beans)																		
490	Strephonema kernel-meal; oil extracted	7·3	9·5	·9*	9·1	69·9	3·3	—	—	—	—	—	—	—	—	—	F.M.	W. Africa	102
491	*Strychnos spinosa* leaves	10·2	9·9	—	—	—	8·86	8·06	—	—	—	—	—	—	—	—		Nigeria	4
492	Sugar cane	—	3·13	—	—	—	2·09	1·52	·14	—	·032	·83	—	·14	·06	-	D.M.	Kenya	13
493	Sunflower heads, de-seeded	20·2	7·3	2·6*	13·5	48·7	7·7	—	—	—	—	—	—	—	—	—	F.M.	U.S. Africa	4
494	,, ,, ,,	11·73	8·86	3·18	18·19	46·42	11·62	—	—	—	—	—	—	—	—	—	F.M.	S. Rhodesia	1
495	,, ,, entire	10·0	11·0	12·7*	22·9	34·5	8·3	—	—	—	—	—	—	—	—	—	F.M.	U.S. Africa	4
496	,, ,, ,,	10·49	12·25	12·90	24·52	34·69	5·15	—	—	—	—	—	—	—	—	—	F.M.	S. Rhodesia	1
497	,, seeds; Black Sel.	5·76	14·37	20·77	25·24	25·58	2·28	—	—	—	—	—	—	—	—	—	F.M.	,,	1
498	,, ,, White Sel.	5·54	16·63	24·86	25·99	24·37	2·61	—	—	—	—	—	—	—	—	—	F.M.	,,	1
499	,, ,, with hulls	6·7	14·0	24·6*	31·9	20·9	1·9	—	—	—	—	—	—	—	—	—	F.M.	U.S. Africa	4
500	,, ,, ,,	6·3	18·4	26·0*	28·0	18·7	2·6	—	—	—	—	—	—	—	—	—	F.M.	,, ,,	4
501	,, ,, meal; oil extracted	9·7	23·2	·7*	36·0	25·2	5·2	—	—	—	—	—	—	—	—	—	F.M.	Sudan	4
502	,, ,, ,, ,, ,,	9·2	25·6	·4*	34·2	26·5	4·1	—	—	—	—	—	—	—	—	—	F.M.	Tanganyika	4
	Sunt pods, stems and leaflets (see *Acacia arabica*)																		
	Swamp reed ash (see Mararia)																		
503	*Swartzia madagascariensis*, whole pods and seeds	8·80	5·69	1·12	21·10	60·80	2·13	—	—	—	—	—	—	—	—	—	F.M.	S. Rhodesia	1
504	Sweet potato; *Ipomoea batatas* Lam.	—	3·69	·16*	—	20·45	—	—	—	—	—	—	—	—	—	—	F.M.	BelgianCongo	8
505	.. ..	—	4·37	·42*	—	63·09	—	—	—	—	—	—	—	—	—	—	F.M.	Dahomey	8
506	,, ,,	—	3·31	—	—	—	3·43	3·34	·126	—	·049	1·70	—	·34	·18	·0028	D.M.	Kenya	13
507	,, ,,	58·30	2·50	·17*	·94	33·84	·85	—	·03	—	—	—	—	·22	—		F.M.	Uganda	12
508	.. ..	70·4	2·0	·9	1·3	24·3	1·1	—	·027	—	—	—	—	·10	—		F.M.	U.S. Africa	18
509	,, ,,	78·70	1·38	·10	·38	18·68	·70	—	—	—	—	—	—	—	—		F.M.	S. Rhodesia	1
510	,, ,, flour	11·8	1·7	·5*	2·1	82·2	2·0	—	—	—	—	—	—	—	—		F.M.	—	4
511	,, ,, meal	13·7	1·1	·5*	2·2	81·1	1·4	—	—	—	—	—	—	—	—		F.M.	—	4
512	,, ,, top, silage, green	82·69	2·77	·81	2·05	8·94	2·14	—	—	—	—	—	—	—	—		F.M.	S. Rhodesia	1
513	,, ,, ,, ,, dried	11·70	14·13	4·12	13·54	45·59	10·92	—	—	—	—	—	—	—	—			,,	1
514	.. ,, vine, wild	—	16·00	5·56	23·35	44·08	10·11	10·11	1·46	—	·44	3·47	—	·83	·56		D.M.	E. Africa	46
515	Sword beans, whole; *Canavalia ensiformis* DC.	7·9	32·5	3·1*	7·9	45·8	2·8	—	—	—	—	—	—	—	—	—	F.M.	Sudan	4
516	Sword beans, whole; *Canavalia ensiformis* DC.	8·2	27·4	1·3*	14·7	45·7	2·7	—	—	—	—	—	—	—	—	—	F.M.	Gold Coast	103
517	Sword beans, whole	—	31·62	3·15	8·12	53·07	3·14	3·14	·26	·27	·07	1·25	—	·61	·08		D.M.	,, ,,	118
518	,, ,, husk	—	4·32	1·45	48·19	42·14	3·76	3·62	·42	·01	—	—	—	·02	·05		D.M.	,, ,,	118
519	,, ,, kernel	—	38·24	3·10	1·16	54·50	3·06	3·03	·14	·25	·06	1·23	—	·85	·04		D.M.	,, ,,	118
	"Tamba" (see under Millet)																		
	Tapioca (see Cassava starch)																		
520	Telfairia seeds; *Telfairia pedata*	6·50	19·03	30·02*	7·30	28·45	2·04	—	—	—	—	—	—	—	—	—	F.M.	-	104
521	Tepary beans; *Phaseolus acutifolius*	10·3	24·1	·9*	3·1	58·6	3·9	- -	—	—	—	—	—	—	—	—	F.M.	U.S. Africa	105
522	Terere leaves, green	—	26·81	—			23·06	22·59	3·58	—	·143	6·91	—	1·60	·53	·0089	D.M.	Kenya	13
523	Togotia leaves, green	—	32·19	—	—	—	24·62	23·67	4·84	—	·224	7·22	—	1·49	·64	·02006	D.M.	,,	13
	"Towé" beans (see *Phaseolus lunatus* beans)																		
524	*Trichodesma zeylanicum* R.Br. seed-meal; oil extracted	12·1	18·1	·3*	20·1	33·6	13·8	—	—	—	—	—	—	—	—	—	F.M.	Tanganyika	106
	Tsada (see Olives, wild)																		
525	Ucuru, cooked	—	12·13	—	—	—	2·53	2·25	·042	—	·058	·63	—	·87	·06	—	D.M.	Kenya	13
	Ufa meal (see Maize meal)																		
	"Uimbe" seeds (see Millet)																		
	"Umanga" (see Millet)																		
	Vegetable ivory (see Ivory nuts)																		

Foodstuff Serial No.	NAME	Water	Crude Protein	Ether Ext. (*Expressed as fat)	Fibre	Carb. or N-Free Ext. (by diff.)	Total Ash	Sol. Ash	CaO	MgO	Na_2O	K_2O	Fe_2O_3	P_2O_5	Cl	Mn	Data expressed as per cent. on	Origin	Bibliog. Ref.
526	Velvet beans; *Stizolobium* and *Mucuna* spp.	9·4	27·6	4·8*	5·9	49·3	3·0	—	—	—	—	—	—	—	—	—	F.M.	S. Rhodesia	4
527	Velvet beans	—	29·10	3·31	8·35	55·91	3·33	3·22	·18	·30	·16	1·36	—	·99	·03	—	D.M.	W. Africa	118
528	,, ,, black	9·56	25·85	3·68*	7·28	50·64	2·99	—	—	—	—	—	—	—	—	—	F.M.	Nyasaland	107
529	,, ,, Somerset	11·0	22·9	5·1	5·7	52·2	3·1	—	—	—	—	—	—	—	—	—	F.M.	S. Rhodesia	1
530	,, ,, white	9·70	25·13	3·34*	7·77	50·93	3·13	—	—	—	—	—	—	—	—	—	F.M.	Nyasaland	108
531	,, ,, white stingless	10·18	26·94	6·13	3·11	50·10	3·54	—	—	—	—	—	—	—	—	—	F.M.	S. Rhodesia	1
532	,, beans, and pods	10·4	13·3	3·0	14·3	55·6	3·4	—	—	—	—	—	—	—	—	—	F.M.	,,	1
533	,, ,, husk	—	1·56	·67	49·36	45·36	3·05	3·03	·69	·08	—	—	—	·11	·06	—	D.M.	W. Africa	118
534	,, ,, kernel	—	33·75	3·70	1·33	57·71	3·51	3·49	·08	·23	·16	1·50	—	1·26	·06	—	D.M.	,,	118
535	,, pod meal; white stingless	9·87	16·89	3·85	13·78	51·40	4·21	—	—	—	—	—	—	—	—	—	F.M.	S. Rhodesia	1
536	,, pod, without contained seeds; white stingless	9·49	4·19	·98	27·27	53·01	5·06	—	—	—	—	—	—	—	—	—	F.M.	,,	1
537	*Vicia faba* beans	8·06	31·22	1·47*	5·85	50·28	3·12	—	—	—	—	—	—	—	—	—	F.M.	Sudan	109
	Vigna catjang (see Cowpeas)																		
	Vigna sinensis (see under Cowpeas and Beans, "Lubia Helu")																		
538	*Vitex cienkowskii* leaves	7·5	9·6	2·6*	32·6	41·14	6·56	5·70	1·08	—	·01	2·34	·08	·27	·044	—		Nigeria	4
539	,, ,, ,,	9·3	6·7	3·0*	33·2	42·24	5·56	4·87	—	—	—	—	—	—	—	—		,,	4
540	Viwandagulu; dried vegetable	—	22·75	—	—	—	22·20	11·57	1·31	—	·18	4·08	—	·42	·82	—	D.M.	Tanganyika	15
	Voandzeia Poissonii Cher. (see *Kerstingiella geocarpa* Harms.)																		
541	*Voandzeia subterranea* Thou. beans; Bambarra ground nuts	8·3	21·2	5·7*	3·2	58·3	3·3	—	—	—	—	—	—	—	—	—	F.M.	Sudan	110
542	*Voandzeia subterranea* Thou. beans	8·2	21·4	6·1*	3·1	57·9	3·3	—	—	—	—	—	—	—	—	—	F.M.	,,	110
543	,, ,, ,,	7·8	19·1	6·5*	4·2	58·9	3·5	—	—	—	—	—	—	—	—	—	F.M.	Zanzibar	110
544	,, ,, ,,	13·1	16·0	6·2*	3·9	58·4	2·4	—	—	—	—	—	—	—	—	—	F.M.	N. Nigeria	11
545	,, ,, ,,	—	20·49	6·86	4·29	65·07	3·29	3·27	·14	·31	·12	1·49	—	·81	·06	—	D.M.	Gold Coast	118
546	,, ,, ,, husk	—	6·05	1·28	37·65	53·0	2·02	1·98	·38	·10	Nil	·30	—	·31	·05	—	D.M.	,, ,,	118
547	,, ,, ,, kernel	—	21·38	7·29	1·49	66·53	3·31	3·26	·04	·31	—	—	—	·93	·06	—	D.M.	,, ,,	118
548	Water-melon; *Citrullus vulgaris* L.	92·4	·43	·2	·6	6·7	·31	—	·015	—	—	—	—	·007	—	—	F.M.	U.S. Africa	18
549	Water-melon seeds	7·4	14·0	23·6*	32·2	20·6	2·2	—	—	—	—	—	—	—	—	—	F.M.	Sudan	111
550	Water-melon seeds; "Kogai" or "Egusi"	7·1	34·3	44·4*	6·7	4·8	2·7	—	—	—	—	—	—	—	—	—	F.M.	Sierra Leone	112
551	Water-melon seeds, residual meal	9·5	18·3	·5*	41·9	26·9	2·9	—	—	—	—	—	—	—	—	—	F.M.	Sudan	111
552	Water-melon seeds, residual meal; Neele seeds; calc. to 7% fat	10·1	35·3	7·0*	29·0	14·3	4·3	—	—	—	—	—	—	—	—	—		Gold Coast	113
553	Water-melon seeds, residual meal; Niri seeds; calc. to 7% fat	9·7	28·2	7·0*	39·2	11·3	4·6	—	—	—	—	—	—	—	—	—		,, ,,	113
554	Water-melon seeds, residual meal; Kogai seeds	10·6	62·8	·6*	12·2	8·9	4·9	—	—	—	—	—	—	—	—	—	F.M.	Sierra Leone	114
555	Water-melon seeds, residual meal; Guna seeds	9·2	42·6	·9*	31·9	11·2	4·2	—	—	—	—	—	—	—	—	—	F.M.	Nigeria	115
556	Wheat	12·0	10·2	1·8	2·3	72·1	1·5	—	—	—	—	—	—	—	—	—	F.M.	U.S. Africa	18
557	Wheat bran	10·1	16·0	4·4*	9·5	53·7	6·3	—	·09	·73	·24	1·62	·034	2·95	·09	—	F.M.	—	129
558	Wheat screenings	8·8	11·2	2·1	13·4	57·3	7·2	—	—	—	—	—	—	—	—	—	F.M.	S. Rhodesia	1
	Whitethorn pods (see *Acacia Woodii* pods)																		
559	Willow leaves, common, dried	11·0	9·8	2·8	17·4	53·8	5·2	—	—	—	—	—	—	—	—	—		,,	1
560	,, ,, weeping, dried	13·9	14·4	2·5	15·5	44·9	8·8	—	—	—	—	—	—	—	—	—		,,	1
	Winterthorn pods (see *Acacia albida* pods)																		

	Ximenia americana L. (see Olives, wild																		
[illegible]	Yams ; *Dioscorea* sp. . . .	—	7·25	—	—	—	2·52	2·50	·028	—	·022	1·40	—	·21	·02	·00002	D.M.	Kenya	1 ;
[illegible]	Yebb (Ye'eb) nuts . . .	9·3	13·1	10·8*	2·7	61·0	3·1	—	—	—	—	—	—	—	—		F.M.	B. Somaliland	116
[illegible]	Zimwe ; dried vegetable . .	—	39·38	—	—	—	18·68	13·56	2·31	—	·32	4·04	—	2·07	·44	—	D.M.	Tanganyika	15
[illegible]	*Zizyphus jujuba* leaves . . .	10·2	10·6	3·9*	12·8	54·74	7·76	7·42	—	—	—	—	—	—	—			Nigeria	1
[illegible]	,, *Spina Christi* leaves .	10·7	11·2	4·6*	9·5	56·82	7·18	6·83	—	—	—	—	—	—	—			,,	3
[illegible]	"Zure" leaves	9·0	14·1	6·4*	17·7	43·41	9·39	5·09	—	—	—	—	—	—	—			,,	4

F.M. = Fresh Matter. D.M. = Dry Matter.

Samples marked thus (†) were analysed for Copper and found to contain the following percentages of Cu : No. 118, 0·00012 ; No. 132, 0·001 ; No. 135, 0·00059 ; No. 164, 0·00074 ; No. 334, 0·00024.

APPENDIX

Salt Licks, Edible Earths, and Native Salts

N.E. RHODESIA

Local Salt

Data expressed as percentages

Area	CaO	MgO	Na_2O	K_2O	Fe_2O_3	Cu	Cl	SO_4
Mpika	0·44	0·067	43·80	2·89	0·064	0·00025	45·60	21·30

KENYA

Edible Earths

Data expressed as percentages of Dry Matter

Area	Source	Nitrogen	Total Ash	Acid sol. Ash	CaO	Na_2O	K_2O	P_2O_5	Cl	Fe_2O_3
Kikuyu Reserve: Nyeri Area	Mwanamweru	0·26	90·98	21·08	0·42	1·03	0·35	0·05	0·06	8·05
	Iruri	0·40	87·73	26·96	0·41	0·11	0·39	0·09	0·11	13·28
	Kasuini	0·09	92·48	24·06	0·09	0·47	1·24	0·02	0·19	10·58
	Keru (Fort Hall)	—	89·96	31·58	0·12	0·05	0·19	0·28	—	20·04
	Njengu (Nyeri)	0·06	92·28	29·14	0·52	0·36	0·15	trace	0·39	18·55
West of Nyeri Nyeri Area	Lake Naivasha	0·10	94·21	18·77	0·48	6·29	0·26	0·06	0·16	4·00
	Gitirikani	0·13	94·01	23·01	1·93	1·43	0·63	0·10	0·08	6·62
	Gatondu	0·13	92·61	37·32	0·35	0·33	0·18	trace	0·08	18·10
Fort Hall Area	Murao (Kinyagati)	0·08	90·90	29·40	0·68	8·56	0·13	trace	0·15	9·14
	Kaharati (Munyuan-gombe)	0·51	79·82	39·21	1·08	7·92	0·57	trace	0·18	16·91
Masai Reserve	Kimana	0·10	96·84	83·96	1·46	32·15	0·39	0·11	3·78	2·86
	S. of Manga (Ol Dugai)	0·21	90·40	82·95	1·24	40·64	5·45	0·69	0·84	0·69
	Kima	0·02	97·04	6·08	0·70	0·71	0·16	trace	0·61	4·23
	Ol Donyorasha	0·09	91·61	47·20	3·59	19·89	1·75	0·12	0·76	1·94
	Near R. Siyabei	0·04	92·41	31·80	0·43	13·31	0·79	0·04	0·38	3·69
	Average of 15 samples	0·15	91·55	35·50	0·90	8·88	0·84	0·10	0·52	9·25
	Magadi soda	0·03	98·84	98·84	0·09	57·32	0·56	0·03	0·44	0·21

KENYA

Salt Licks

Data expressed as percentages of Dry Matter

Number:	1	2	3	4	5	6	7	8
Source:	Solai	Shores of Lake Elmenteita	Narromuru	Naivasha	Nakuru	Kotu	Kôru	Kapsum Begwa (Molo)
Dry matter	100	100	100	100	100	100	100	100
Nitrogen	0·160	0·162	0·083	0·032	0·053	0·073	0·094	0·066
Total ash	92·37	87·50	81·31	95·54	92·92	93·44	91·99	93·19
Acid soluble ash	7·56	47·19	42·54	16·44	24·55	24·09	23·83	20·07
Lime (CaO)	2·63	6·67	5·61	0·88	0·49	2·77	2·95	0·77
Soda (Na_2O)	3·10	21·78	17·37	1·01	0·84	0·35	0·15	0·15
Potash (K_2O)	0·55	1·15	1·51	0·67	1·46	0·96	0·97	0·38
Phosphorus (P_2O_5)	0·138	Trace	0·04	0·13	0·03	0·16	0·73	0·05
Chlorine	0·162	1·49	0·53	0·16	0·02	0·01	0·15	0·15
Iron Oxide (Fe_2O_3)	—	—	—	10·66	9·31	—	—	—
Iodine	546γ	1,025γ	—	—	—	—	—	—

NIGERIA

Edible Earths and Native Salts

Data expressed as percentages

Name of Salt	Moisture and water of crystallisation	Total Ash	Acid sol. Ash	Lime (CaO)	Magnesia (MgO)	Potash (K_2O)	Soda (Na_2O)	Oxides of Iron and Aluminium	Phosphoric Acid (P_2O_5)	Chlorine	Sulphuric Acid (SO_3)	Reaction to Litmus	Carbonic Acid (CO_2)
Baka . .	3·32	93·29	8·68	1·776	0·477	0·535	2·190	2·621	0·029	0·740	trace	marked alkaline	2·86
Bauchi A . .	5·10	89·27	8·68	0·694	0·243	0·291	0·649	7·226	0·123	0·613	0·046	neutral	0·22
Bauchi B . .	5·61	88·09	15·53	0·134	0·183	0·219	0·357	15·30	0·024	0·018	0·039	neutral	0·04
Gongorsa . .	3·93	95·26	94·99	0·045	0·068	0·402	41·57	trace	0·022	0·248	50·53	alkaline	2·06
Jankanwa .	30·73	67·88	66·78	0·382	0·100	0·495	38·24	0·202	0·045	1·001	0·189	marked alkaline	35·00
Ungornu . .	28·94	69·14	64·70	0·161	0·075	0·231	38·24	0·150	trace	0·193	0·104	marked alkaline	33·15
Farinkanwa .	8·26	88·74	21·03	0·821	0·308	0·310	10·486	1·423	trace	trace	2·420	marked alkaline	10·71
Keana . .	5·38	93·08	92·46	1·409	0·439	5·035	43·05	0·102	trace	54·52	0·423	neutral	0·12
Karmatako .	1·60	89·36	29·95	0·016	0·032	0·027	0·049	29·43	trace	0·01	trace	neutral	nil
Kanwar Baibai .	27·95	68·15	65·62	0·026	0·039	0·386	36·39	0·184	0·125	0·45	5·670	marked alkaline	28·52
Gallo . .	0·73	98·71	98·26	0·299	0·506	0·195	51·29	0·208	trace	53·61	0·110	slight alkaline	1·51
Dakalla . .	6·81	91·79	91·39	1·419	0·223	1·097	45·38	0·077	trace	50·71	1·255	neutral	0·16
Balma . .	2·19	97·13	80·14	0·238	0·115	1·589	40·01	0·487	0·056	41·64	4·955	slight alkaline	0·90
Gishirin Foga .	4·57	92·97	89·68	0·056	0·077	0·283	46·35	0·210	0·024	39·78	8·32	alkaline	4·08
Mai Kujera .	3·76	92·91	85·30	0·505	0·396	0·377	42·94	2·719	0·048	36·66	6·835	alkaline	2·59
Beji or Beza .	5·59	88·89	41·32	2·548	0·442	1·579	11·664	16·950	0·153	9·348	1·810	slight alkaline	2·65

Note.—Baka, Bauchi A, and Bauchi B are from Bauchi Province; Gongorsa, Jankanwa, Ungornu, and Farinkanwa are from Kano Province; Keana is from the Lafia Emirate, and the remainder are from Sokoto Province.

NIGERIA

Alkali Salts

Data expressed as percentages

No. of Sample	NaCl	Na_2SO_3	Na_2CO_3	Na HCO_3	Na_2HPO_4	KCl	K_2SO_4	K_2CO_3	$CaCl_2$	$CaSO_4$	$MgCl_2$	$MgSO_4$	Matter insol. in Water	Moisture and combined Water H_2O
Vegetable Origin														
1. Manda Kighr	9·62	0·73	—	—	—	81·16	—	—	—	1·92	—	—	1·17	5·07
2. Manda Kighr	26·83	0·67	0·22	—	—	57·88	—	—	—	—	—	—	11·89	2·11
3. Kegu or Kighr salt (Manda Kighr)	67·60	1·42	—	—	—	28·76	—	—	—	1·48	—	—	0·36	0·37
4. Alfadara (or Labatera)	49·01	—	—	—	—	43·43	—	—	0·61	2·14	0·35	—	0·51	3·30
5. Manda Karia	37·46	21·51	1·95	1·52	0·11	35·46	—	—	—	—	—	—	0·48	1·65
6. Manda Karia	34·71	26·84	3·81	0·76	0·21	30·92	—	—	—	—	—	—	0·30	1·72
Mineral Origin														
7. Sheri salt (Manda Sheri)	41·61	—	—	—	—	51·12	—	—	1·25	2·02	—	—	0·45	3·55
8. Allaussi salt	37·36	40·84	9·93	3·82	—	3·23	—	—	—	—	—	—	3·72	0·69
9. Mongul salt (Manda Mongul)	20·86	17·70	5·01	0·38	0·12	3·80	—	—	—	—	—	0·33	49·41	2·95
10. Bilma salt (Manda Yergal)	61·51	23·17	2·44	—	—	7·72	—	—	—	—	—	—	2·88	2·12
11. Pieski salt (Manda pieski)	43·94	27·85	—	—	—	10·0	—	—	—	—	—	8·55	7·42	1·82
12. Ngal, or Gangorosa	—	97·70	0·36	—	—	0·42	0·50	—	—	—	—	—	0·19	0·37
13. Red Potash (Jan Kanwa)	0·35	2·72	58·69	12·87	0·05	0·44	—	—	—	—	—	—	0·19	25·12
14. White potash (Ferren Kanwa)	3·10	3·34	31·90	24·36	0·24	3·74	—	—	—	—	—	—	16·43	17·03
15. Chad Natron (Kilbu or Konwa)	—	—	43·51	34·37	—	0·71	0·54	0·16	—	—	—	—	2·54	17·87
16. Chad Natron	—	0·37	45·48	34·57	—	1·03	0·11	—	—	—	—	—	—	—

The percentages of potassium salts in the different samples are equivalent to the following percentages of potash (K_2O): No. 1, 51·20; No. 2, 36·56; No. 3, 18·18; No. 4, 27·44; No. 5, 22·4; No. 6, 19·54; No. 7, 32·25; No. 8, 2·04; No. 9, 2·40; No. 10, 4·88; No. 11, 6·32; No. 12, 0·54; No. 13, 0·28; No. 14, 2·36; No. 15, 0·85; No. 16, 0·66.

TANGANYIKA TERRITORY

Edible Earths

Data expressed as percentages

	Njombe	Kimali	Engare-Nanyuki	Kalbanga	Engare-Narobi	Bassodesh	Kititimo	Kalenga	Moru	Ilgebeni	Nyukwa	Tinde	Ngoro-ngoro	Oljoruett	Proroles	Mbeya
Moisture	1·270	1·345	9·744	3·050	4·910	2·015	4·080	1·650	3·280	2·310	4·640	1·780	12·760	3·86	19·260	6·819
Loss on ignition	8·31	1·431	5·905	6·138	15·530	2·447	3·400	1·480	3·020	1·930	5·250	1·020	2·810	2·74	9·30	6·998
Solubility in water	0·019	3·305	11·810	1·135	6·980	8·260	18·290	0·850	6·430	1·300	2·095	5·450	60·465	6·00	0·930	2·860
Solubility in dil. HCl	0·211	5·325	14·105	5·700	8·430	9·920	23·850	2·355	7·880	3·850	8·040	5·790	62·405	7·84	4·800	12·500
CaO sol. in dil. HCl	0·027	0·273	0·099	0·081	0·244	0·320	0·576	0·120	0·196	0·320	0·500	0·050	0·041	0·874	0·299	1·027
P_2O_5 sol. in dil. HCl	trace	0·016	0·020	0·042	0·94	0·044	0·036	0·012	0·032	0·041	trace	0·009	0·096	0·042	ND	ND
SO_4 sol. in water	ND	0·074	1·895	0·004	0·530	1·590	0·634	0·354	1·401	0·280	0·535	0·212	10·554	0·461	ND	ND
SO_4 sol. in dil. HCl	ND	0·222	1·961	0·093	4·482	2·258	0·775	0·354	1·623	0·393	0·840	0·321	11·931	2·521	0·92	1·160
Cl_2 sol. in water	0·003	0·203	2·196	0·024	0·230	2·447	9·873	0·049	0·688	0·243	0·844	0·570	3·921	0·294	0·007	0·156
Na_2O sol. in water	ND	1·530	2·495	0·080	2·166	3·600	7·248	0·029	3·141	0·030	1·023	2·564	20·171	0·238	0·107	2·043
Na_2O sol. in HCl	ND	1·700	2·760	0·220	2·540	3·694	7·582	0·059	3·351	0·054	1·312	2·771	22·611	0·337	0·728	2·132
K_2O sol. in water	ND	0·048	0·200	0·004	0·172	0·088	0·081	0·008	0·108	Nil	0·032	0·028	0·828	0·081	0·062	0·068
K_2O sol. in HCl	ND	0·148	0·428	0·024	0·188	0·144	0·088	0·016	0·137	0·008	0·085	0·032	0·828	0·120	0·094	0·121
CO_3 sol. in water	trace	0·603	1·260	trace	1·843	0·323	1·877	trace	2·010	0·353	0·459	0·291	14·182	2·542	ND	ND

GEOGRAPHICAL CLASSIFICATION OF FOODSTUFFS

BELGIAN CONGO

Foodstuff: Nos. 34, 35, 37, 41, 101, 115, 116, 120, 121, 123–125, 167, 168, 211, 215, 302–304, 306–308, 320, 386–389, 418, 432, 446, 473, 474, 504.

DAHOMEY

Foodstuff: Nos. 114, 322, 419, 505.

E. AFRICA (exact country not given)

Foodstuff: Nos. 43, 44, 46, 47, 57–62, 64–66, 70–72, 75, 76, 80, 81, 84–88, 255, 288, 289, 339, 367, 514.

EGYPT

Foodstuff: No. 338.

GOLD COAST

Foodstuff: Nos. 24, 40, 42, 102, 128, 131, 136–139, 172, 173, 175, 229, 290, 371, 411, 486, 487, 516–519, 545–547, 552, 553.

KENYA

Foodstuff: Nos. 36, 38, 55, 112, 206, 219, 222, 228, 241, 242, 250, 258, 293, 296–301, 324, 325, 340–346, 403, 413, 420, 492, 506, 522, 523, 525, 561.

NIGERIA

Foodstuff: Nos. 5, 7, 11, 14, 15, 17, 19, 29, 30, 32, 45, 48, 50–52, 77–79, 82, 83, 89, 90, 96, 119, 140–143, 145, 153, 169, 170, 174, 178-180, 190, 191, 193, 205, 210, 221, 224, 226, 230, 238, 261, 323, 327, 329, 337, 370, 380, 394, 410, 423–425, 433, 442, 447, 450, 462, 463, 489, 491, 538, 539, 544, 555, 564–566.

NYASALAND

Foodstuff: Nos. 73, 133, 192, 480–482, 528, 530.

N. RHODESIA

Foodstuff: Nos. 13, 53, 118, 132, 135, 164, 334.

S. RHODESIA

Foodstuff: Nos. 1–3, 8–10, 16, 54, 103, 104, 107–110, 126, 148, 152, 156, 159, 160, 177, 184, 189, 198, 212, 227, 234, 235, 243, 251, 252, 264, 272, 277, 283, 284, 305, 311, 336, 351, 352, 354, 356–360, 362, 363, 373, 377, 382–385, 391, 392, 395, 396, 421, 422, 426, 427, 431, 443, 494, 496–498, 503, 509, 512, 513, 526, 529, 531, 532, 535, 536, 558–560.

UNION OF S. AFRICA

Foodstuff: Nos. 23, 28, 49, 92, 94, 98–100, 105, 111, 130, 165, 166, 195–197, 202–204, 230a–232, 239, 245–248, 253, 254, 260, 262, 263, 265–271, 273–276, 278–282, 285, 291, 294, 309, 310, 312, 321, 328, 353, 361, 365, 366, 368, 369, 376, 378, 379, 381, 393, 407, 412, 416, 454–457, 464, 466, 467, 469–471, 477–479, 483, 484, 485, 488, 493, 495, 499, 500, 508, 521, 548, 556.

SOUTH-WEST AFRICA

Foodstuff: No. 295.

SIERRA LEONE

Foodstuff: Nos. 106, 146, 151, 162, 199, 200, 244, 404, 405, 409, 475, 476, 550, 554.

BRITISH SOMALILAND

Foodstuff: Nos. 134, 562.

SUDAN

Foodstuff: Nos. 56, 63, 67–69, 127, 129, 161, 185, 201, 233, 259, 408, 444, 445, 452, 453, 459–461, 465, 501, 515, 537, 541, 542, 549, 551.

TANGANYIKA

Foodstuff: Nos. 4, 6, 12, 18, 113, 149, 150, 154, 155, 157, 158, 163, 176, 181–183, 216, 217, 236, 240, 249, 256, 257, 286, 332, 333, 335, 355, 397–402, 441, 449, 451, 502, 524, 540, 563.

UGANDA

Foodstuff: Nos. 31, 33, 39, 74, 95, 117, 144, 188, 287, 390, 507.

W. AFRICA (exact country not given)

Foodstuff: Nos. 25–27, 194, 218, 225, 347, 350, 364, 490, 527, 533, 534.

ZANZIBAR

Foodstuff: Nos. 187, 326, 330, 331, 468, 472, 543.

Samples marked thus (—) under "Origin" are from countries other than Africa.

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